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Rockyview tackles its ER crunch with 'in between' unit

Hospital woes.
Large patient volumes in late September led to wait times as long as nine hours

ROBSON FLETCHER
robson.fletcher@metronews.ca

Faced with ongoing overcrowding in the emergency department, Calgary's Rockyview Hospital plans to temporarily revive a specialized "in between" unit it first piloted four and half years ago to relieve pressure on the ER.

The "medical assessment unit" (MAU) that was created as a "demonstration project" in February 2010 will be put back into short-term use starting Oct. 14, according to Alberta Health Services spokesman Bruce Conway.

The unit will include eight "care spaces" that will "address a recent increase in patients," Conway told Metro.

Large patient volumes in the ER in late September forced the hospital to redirect ambulances to other care centres and led to wait times as long as nine hours to see a doctor.

In a video published by AHS in 2010, the Rockyview MAU was pitched as an "in between" unit that bridges the ER and in-patient areas.

"This concept enables us to move patients from the emergency department into an in-patient setting and immediately begin consultations, treatments, diagnostics and then move these patients on up into the in-patient area or discharge them home," Kathy Schultz, who was the hospital's director of medical services at the time, said in the video.

Wildrose health critic Heather Forsyth said Tuesday the revived MAU is at least "more than we had a week ago" but unlikely to make a major difference in patient experience.

"So they've opened up eight beds that they'd closed previously?" she said. "It's a Band-Aid solution."

Calgary Mountain View Liberal MLA David Swann, a trained physician, said the MAU should "take a little bit of pressure off" the ER, but said the situation is "a symptom of a serious management problem" in AHS, more broadly.

"It suggests a system that isn't coming to grips with the increasing population, the aging population, the growing demand for health care," Swann said.

The MAU hasn't been permanently re-opened, Conway noted, and AHS will evaluate each week whether to keep operating it.

RECOGNIZING HEROES

Tanner Jennings, left, and Jordan Palmer hold up their commendation certificates at the Calgary Fire Department recognition luncheon on Tuesday. The pair were among 16 recognized by the Calgary Fire Department for heroic efforts. Story, page 9. HELEN PIKE/METRO

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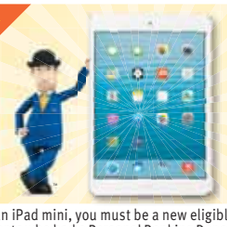

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Jean Addington of the Mathison Centre for Mental Health Research and Education is seeking people 12 to 25 years old with a range of clinical and psychosocial factors for study.

3
EBOLA UPDATE
Officials say Thomas Eric Duncan, the man being treated for Ebola in Dallas, is showing improved liver function, though he remains in critical condition.

4
TYRA, BY TYRA BANKS
The America's Next Top Model host and former Victoria's Secret angel has unveiled her own beauty brand — and she's named it after herself.

5
NEW MUTATION?
According to the website Bleeding Cool, the X-Men could become the next superhero team to make the leap from the comic-book page to the small screen.

SAIT to raze housing hall, eyes 'big' residence tower

Housing demand ever rising. Structure would be the largest housing complex on campus

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Calgary's rapidly growing SAIT Polytechnic hopes to add hundreds of on-campus dorms in the coming years, as a tight rental market has filled their housing to near-capacity.

The soon-to-be-proposed tower, which would boost the nearly 1,200-student capacity offered by SAIT's existing East Hall and Tower residences, would be erected in the northeast area of campus and replace the long-closed Owasina Hall.

"It would be big," said Boris Dragicevic, the polytechnic's associate vice-president of facilities management.

A business case for the building is being made, Dragicevic said, but without approval — and a funding commitment — there's no current timeline or price tag.

SAIT is already fully committed, however, to a springtime start for a $3.5-million demolition of Owasina, which opened in 1972 as the polytechnic's first student-housing complex. Building-code shortcomings forced Owasina closed, and it's seen the ground floor reopen only for some trades teaching since, Dragicevic said.

"It became a matter of 'it's old' and it needed a major facelift and upgrades," Dragicevic said. "Then the new ones opened up, and we didn't really need the beds anymore at the time."

That has changed. SAIT's existing towers are 98 to 99 per cent full and some students have been relegated to a wait list. Dragicevic said the off-campus housing market is "heating up" and SAIT has eyes on growing its student body in the years ahead. The polytechnic already saw its largest year-over-year growth this fall, with an anticipated head count of 14,807 students, up 8.4 per cent from 2013-14.

Jared Stock, president of the SAIT Students' Association, echoed concerns from student leaders about the state of the housing market.

"We know it's becoming harder and harder to find a place to live," he said.

Dragicevic said generally, 10 per cent of the polytechnic's students seek on-campus housing, meaning capacity in the existing towers is already slightly under where it should be.

"Government is more and more interested in us growing and letting more students in, so we've got to build the infrastructure to accommodate it," he said.

Housing market

In April, the Canada Mortgage and Housing Corp. reported Calgary's rental vacancy was hovering at 1.4 per cent, tied with Edmonton for the lowest among major centres nationwide.

- Sample rents also rose five per cent, with average tenants paying $1,267 a month for a two-bedroom apartment.

SAIT's Owasina Hall is due to be torn down in the spring. JEREMY NOLAIS/METRO

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Hundreds of patient records ‘inappropriately accessed’

Hospital staffer no longer employed. AHS working to contact the families of those directly affected

ROBSON FLETCHER
robson.fletcher@metronews.ca

The exterior of the Alberta Children’s Hospital, where AHS says a hospital employee “inappropriately accessed” hundreds of patient records. METRO FILE

Alberta Health Services’ top executive apologized Tuesday to the family members of hundreds of children whose medical records were “inappropriately accessed” by a staff member at Calgary’s largest hospital for kids.

The unnamed employee of the Alberta Children’s Hospital “is no longer working for AHS,” according to a statement issued Tuesday, after he or she was found to have violated patient privacy on several occasions over a period of 14 months.

“I want to apologize to all patients whose privacy has been breached,” AHS president and CEO Vickie Kaminski said in the statement. “AHS takes the privacy and confidentiality of patient information seriously, so I find this lapse intolerable.”

The privacy breaches were initially discovered in an audit of access to the main Netcare patient record database; then, a subsequent audit of another record system called Clinibase revealed additional breaches by the same staff member.

The information may have included patient histories, contact information, and names of relatives, according to AHS.

The fact that it took 14 months to discover the breach suggests there’s a larger problem within the security of health information, according to Liberal MLA Laurie Blakeman, who suggested AHS conduct more frequent audits.

“It just seems like a very long time to discover this,” she said Tuesday. “I don’t know how this is a regular audit if it’s been two years, and whoever it was sort of stomped through those records.”

Tom Keenan, an information security expert and professor of digital design at the University of Calgary, said businesses typically conduct third-party audits of database access logs once a year but there are ways to automate the process and flag unusual incidents for immediate investigation.

“So if the pharmacist is suddenly logged on and looking at who had a certain surgery they had nothing to do with … that should pop up because the hospital pharmacist would have no need to know about that,” he said, citing a hypothetical example.

Weaselhead. Hundreds show up to grill officials on ring road

About 300 people packed into a southwest Calgary community centre Tuesday night to find out more about the southwest ring road project and grill Alberta Transportation officials with questions.

Numerous Calgarians raised concerns about how the massive project would restrict the movement of wildlife in the area and limit biodiversity.

The plan for the ring road extension, which is to run through a section of Calgary’s Weaselhead Flats, includes wildlife underpasses but the Weaselhead/Glenmore Park Preservation Society, which organized the forum, has raised concerns about how likely animals are to use the relatively narrow passageways.

Sarah Nevill, a program co-ordinator with the society, said the road can also present a barrier to many species of bird that won’t fly under bridges or over extended stretches of pavement.

Alberta Transportation is planning to plant trees and shrubs between the two directions of traffic to mitigate that effect, the crowd was told.

Forum attendee Ross Murphy said it seems the project, despite its estimated $5-billion price tag, is cutting corners in some areas and suggested adding a toll to the road to boost the budget.

ROBSON FLETCHER/METRO

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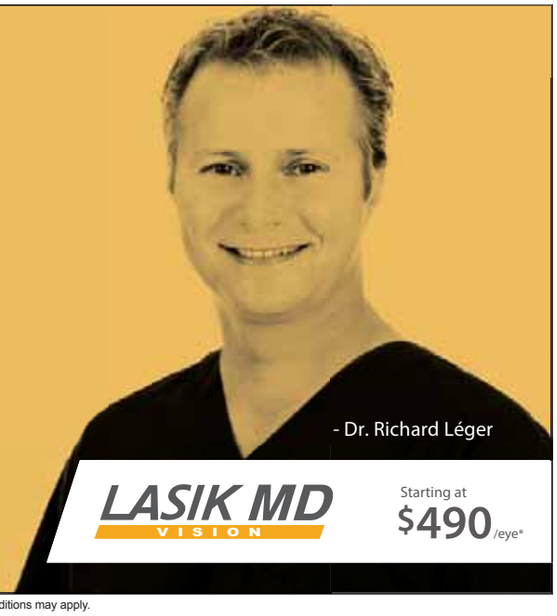

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More power, no new taxes for cities: Prentice

Déjà vu? Mayors, premier, and municipal affairs minister pledge to make this deal work after last one failed

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Calgary and Edmonton deserve sweeping new powers but not the power to tax their citizens in new ways, Premier Jim Prentice said Tuesday as he signed a pledge to build a new relationship between the province and its two biggest cities.

It was the second time in 28 months that such a document was signed by Mayor Naheed Nenshi, but this time the other signatures were all different.

Municipal Affairs Minister Diana McQueen's name replaces that of her predecessor, Doug Griffiths, who publicly battled with Nenshi over municipal issues as the previous plan for big-city charters fell apart.

Edmonton Mayor Don Iveson's name replaces that of his predecessor, Stephen Mandel, who is now the Minister of Health and running in a byelection to become the MLA for Edmonton-Whitemud.

And this time, there is a fourth signature on the document, one that wasn't present previously — that of the premier.

Prentice pledged that this framework agreement on city charters would be different than the previous memorandum of understanding signed in June 2012.

"This is not simply an agreement to agree," he said. "There is a timeline attached and a specific scope of work."

The first phase of negotiations, which includes new powers for mayors and city council, including the power to set local election laws and to establish for-profit corporations to deliver local services, is set to be complete by the spring of 2015.

The second phase, to be completed by the fall of 2015, is aimed at aligning provincial and municipal policies on everything from the environment to housing. The third phase, which will develop a new fiscal framework for cities, has a spring 2016 deadline.

Municipal Affairs Minister Diana McQueen, Edmonton Mayor Don Iveson, Premier Jim Prentice and Calgary Mayor Naheed Nenshi pose with the new framework agreement on city charters they signed Tuesday. ROBSON FLETCHER/METRO

Prentice immediately slammed the door, however, on one fiscal idea that has been tossed about in past city charter discussions.

The city charters "will in no way endorse or permit the creation of new taxation powers," the premier said.

"To be clear: The government is not contemplating additional taxes."

Mayor Naheed Nenshi said one goal of the charters is to smooth out jurisdictional issues that interfere with solving problems that straddle both municipal and provincial responsibilities.

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CBE. Board byelection for seventh member would be 'extremely costly': Trustee

Calgary's top public school trustee warned Tuesday that holding a byelection to replace a recently resigned member would be "extremely costly," but didn't rule out such a move.

Joy Bowen-Eyre with the Calgary Board of Education said initial estimates suggest that hosting the mid-term vote to replace departed Wards 11 and 13 representative Sheila Taylor would cost the board approximately $150,000.

But she said more discussions with the public would be held before deciding whether or not to proceed with a formal campaign.

Taylor resigned last week after the CBE informed her that a legal opinion suggested she would be unable to take a four-week, unpaid leave to contend on behalf of the Wildrose party for the vacant Calgary-West MLA seat.

Taylor said she was "really surprised" by the decision and promptly resigned Friday at an emotional news conference.

The School Act does not require a trustee board to call a byelection within the first two years of a term unless more than one seat becomes vacant. JEREMY NOLAIS/METRO

Former Calgary Board of Education trustee Sheila Taylor is seen in this file photo during a past meeting. She says she was left with no choice but to resign her post last week to run for the vacant Calgary-West by-election seat. METRO FILE

Cops are tops

City police score high with citizens

Calgary residents have again told pollsters they feel safe living in the city, according to published results of an annual survey from the city's police commission.

In all, 96 per cent of respondents to the Calgary Police Commission Citizen Survey say they were satisfied overall with the police service and are confident it can deliver the services needed to make the city safe. The top crime-related concerns outlined by respondents were house break-ins, illegal gang activity and assault causing injury.

"We are extremely pleased with the results of our survey, commissioner Steve Edwards said in a release. "These results set a very high standard, though one in which we are confident our police service can continue to maintain."

The survey of 1,000 residents was conducted between July and August of this year. Nine per cent of respondents said they'd been a victim of crime sometime in the past year and 71 per cent said they reported it to police. METRO

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MEOW claws at stray cat problem

Cat rescue. The MEOW Foundation has bought an empty facility to serve as the city's first cat-only rescue shelter

JEREMY NOLAIS
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Volunteers with a city rescue group hope a newly purchased property they plan to turn into a one-of-a-kind shelter will help more stray cats land on their feet.

The MEOW Foundation has operated for 15 years out of a "little house" spanning no more than 2,000 square feet, according to executive director Debbie Nelson.

Recently, the group has been forced to scale back its feline intake numbers slightly, but the number of cats still roaming city streets and alleyways seems hardly to have lagged, Nelson said.

"Every year, we always seem to be operating at capacity ... there are an awful lot of stray cats," she said.

But the foundation has recently purchased an empty, 7,000-square-foot facility in the Greenview Industrial Park and is planning a formal launch of a capital campaign later this fall to renovate and retrofit it.

The goal is to turn the site into Calgary's first cat-only rescue shelter.

"What we're still seeing is a basic value difference between cats and dogs," Nelson said. "Cats are particularly fertile, too, over dogs ... there's more cats born as well, which is a big factor."

The capital campaign's final fundraising goal will be hammered out in the coming weeks, but Nelson said it likely will require more than $1 million to bring get the new shelter up and running.

There are spaces planned for animal holdings, veterinarian care and mass storage, as well as office space for foundation workers.

Rescuing stray cats in the city largely falls to the Calgary Humane Society, MEOW and the Alberta Animal Rescue Crew.

A representative with the provincial group told Metro it was caring for 230 cats in its shelter alone, more than double its typical head count.

Nelson said the shelter would also allow her group to work more proactively, by inviting in school groups and preaching the benefits of spaying and neutering.

"It's always best if you can start with the younger generation," she said.

"Once you get one generation spaying or neutering, it will continue on into the next."

Nelson said it could take two to four years to raise the necessary funds and complete renovations at MEOW's new shelter.

Paws for thought

- During the fiscal year ending June 30, 2014, MEOW Foundation rescued 605 cats, successfully adopted out 590, and provided assistance with spaying or neutering of 1,526 more.
- The group will host a Paint for Paws fundraiser at the Executive Royal Hotel with proceeds going toward renovating the planned cat-only shelter. For more information, visit meowfoundation.com.

Debbie Nelson, executive director of the MEOW Foundation, is seen in front of her group's newly purchased facility, to be turned into a cat-only shelter. On Monday, she gave orange tabby Pippino a tour of the new digs. JEREMY NOLAIS/METRO

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People recognized for stepping up under exceptional circumstances pose on Tuesday for a group photo during a luncheon at the Calgary Fire Department. HELEN PIKE/METRO

Two teens recognized for heroic car rescue

Tanner Jennings and Jordan Palmer. Chief lauded Calgarian friends at fire department luncheon

HELEN PIKE
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It isn't everyone's first instinct to run toward a flaming vehicle. But in April, friends Tanner Jennings and Jordan Palmer jumped into action, helping a woman in need.

They were among the 16 people recognized for going above and beyond, and stepping up under exceptional circumstances at the Calgary Fire Department recognition luncheon Tuesday.

While biking with friends, Jennings, 18, and Palmer, 16, noticed a car veer off the road. Sparks were flying from the engine and smoke had begun to billow. While their friends called 911, the two young men raced toward the car to help a woman inside.

"The smoke was getting really, really bad, so I was making sure the road was clear and Jordan grabbed the lady," said Jennings.

They were concerned that the car would explode and had to act quickly to bring the woman to safety.

"We quickly got to the other side of the road and shortly after the fire department showed up and they were there to take out the flames."

Chief Ken Uzeloc says it's encouraging to see citizens who help out in emergencies.

"We handed them applications on the way out the door," joked Uzeloc. "You have some young teenagers who took it upon themselves to help other people where so many adults would just continue on their way."

Robert Wilson

Man sought on theft, fraud warrants

Robert Wilson
COURTESY CALGARY POLICE

Calgary police are on the hunt for a man wanted on charges of theft, fraud and being in possession of break-in "instruments."

Robert Wilson, also known as Robert Cole, is being sought. He's described as being 35 to 40 years of age, with a heavy build and bald head. He was last seen driving an older-model "rustic" truck.

Anyone with information is asked to contact 403-266-1234 or Crime Stoppers. METRO

Inaccuracies?

Oilsands monitoring program lacking: Auditor general

The latest report by Alberta's auditor general has found numerous shortcomings with a joint provincial-federal oilsands monitoring program.

In early 2012, Alberta and Ottawa announced a three-year plan to work together to track the controversial industry's effects on air, water and biodiversity in northern Alberta. Auditor General Merwan Saher says the two levels of government released their first public report 15 months after the end of the program's first year, long after its contents would have been current. Saher says the report for the 2012-2013 time frame contains inaccuracies and makes it hard to discern what tasks have been completed and whether the program is on track. THE CANADIAN PRESS

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Police rescue 18 women forced to work in sex trade

Canada-wide human trafficking bust. Nine people face 33 charges

A months-long investigation into human trafficking has led to the rescue of 18 women who were forced to work in the sex trade against their will, police said Tuesday.

Nine people are facing 33 charges, including forcible confinement, making and distributing child pornography, assault, trafficking in persons, withholding or destroying documents, living off the avails, uttering threats, obstructing police and failing to comply with court orders and conditions of bail and probation.

Ontario Provincial Police Sgt. Peter Leone said vulnerable groups, like newcomers to Canada, are often the targets of exploitation.

"These (18 victims) are individuals who were preyed upon, that were very vulnerable and certainly exploited," he said. "A lot of promises can be made to people if they come along, and they don't realize until they go with them, what they've gotten themselves unfortunately into."

Twenty-six police forces were involved in the operation on Oct. 1 and 2, including those in Edmonton, Calgary, Regina, Saskatoon, Winnipeg, Halifax, Quebec City, Toronto and other parts of Ontario.

They interviewed hundreds of women some as young as 15 since January, focusing on hotels, motels and massage parlours along major thoroughfares in 30 cities and towns across the country, police said.

Many of the women had been threatened with violence, extortion and drug dependency, among other forms of coercion by men.

THE ASSOCIATED PRESS

Gay couple becomes first to marry legally in El Paso County

Jana Hayes, left, and Angie Hayes embrace under an altar on Tuesday at the Citizens Service Center in Colorado Springs, Colo., after self-officiating their own marriage and becoming the first same-sex couple to legally wed in El Paso County. Colorado Attorney General John Suthers ordered clerks in all of the state's 64 counties to issue marriage licenses to gay couples after the Colorado Supreme Court lifted previous orders barring clerks in Denver and Boulder from doing so.

MICHAEL CIAGLO/THE COLORADO SPRINGS GAZETTE/THE ASSOCIATED PRESS

Saskatchewan. Train derails and catches fire; RCMP evacuates village

A CN freight train carrying dangerous goods derailed in central Saskatchewan on Tuesday and caught fire.

The Saskatchewan government said the derailment happened near the small community of Clair, which was being evacuated. RCMP said people with farms in the area were also being told to leave.

CN spokesman Jim Feeny said the train was made up of three locomotives pulling 100 cars and that 26 of them derailed.

He said the fire came from petroleum distillate, which spilled from two of the derailed cars.

"They had fire and smoke," Feeny said. "The crew is not injured, but we have reports from the local authorities that some nearby residents in the rural area have been evacuated."

Highway 5 was closed in the area. THE CANADIAN PRESS

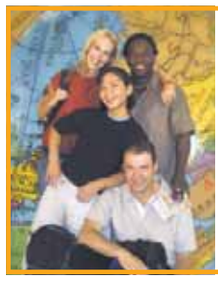
Fredericton. Death of Mountie highlights need to deal with PTSD: RCMP

The death of RCMP Cpl. Ron Francis, who helped draw attention to post-traumatic stress disorder among emergency first responders, is a terrible loss that underscores the need to deal with the issue, the RCMP's commanding officer in New Brunswick said Tuesday.

"It's unfortunate that this condition, if you will, took over and consumed him, but he didn't let go," assistant commissioner Roger Brown told a news conference at RCMP headquarters in Fredericton. "His goal was to try to make some sense of it himself and to bring an awareness to what this is all about."

Francis was found dead Monday afternoon at the Kingsclear First Nation. It appears no one else was involved in his death but Brown wouldn't provide any details about the circumstances of how Francis died.

THE CANADIAN PRESS



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Drug agency sued over fake Facebook page

Complaint. Woman says fake account gave the impression she was co-operating with investigation

The U.S. Drug Enforcement Administration set up a fake Facebook account using photographs and other personal information it took from the cellphone of a New York woman arrested in a cocaine case in hopes of tricking her friends and associates into revealing incriminating drug secrets.

The Justice Department initially defended the practice in court filings but now says it is reviewing whether the Facebook guise went too far.

Sondra Arquiett's Facebook account looked as real as any other. It included photos of her posing on the hood of a sleek BMW and a close-up with her young son and niece. She even appeared to write that she missed her boyfriend, who was identified by his nickname. But it wasn't her.

The account was the work of DEA Agent Timothy Sinnigen, Arquiett said in a federal court lawsuit. The case is scheduled for trial next week in Albany, New York.

In a court filing in August, the Justice Department contended that while Arquiett — who is now asking for $250,000 US — didn't directly authorize Sinnigen to create the fake account, she "implicitly consented by granting access to the information stored in her cellphone and by consenting to the use of that information to aid in … ongoing criminal investigations." THE ASSOCIATED PRESS

Arrest background

Sondra Arquiett was arrested in July 2010 and was accused of being part of a drug distribution ring run by her boyfriend, who had been previously indicted.

- Arquiett pleaded guilty to a charge of conspiracy to possess with intent to distribute and to distribute cocaine base and was sentenced in January 2012 to time served.

Putin marks 62nd birthday

Thousands dressed in the red, white and blue of the Russian tricolour form an enormous human flag as they walked through the streets of Grozny Tuesday to celebrate Vladimir Putin's 62nd birthday. Elsewhere in the Chechen capital others carried a 600-metre-long Russian flag through the streets. The Russian president, however, was not around to see the tributes created in his honour. He was in the wilderness of Siberia. Putin has often brandished his tough-guy image with wilderness romps. MUSA SADULAYEV/THE ASSOCIATED PRESS

Hawaii

Boy survives fall down trash chute

An eight-year-old Hawaii boy who fell six storeys down a trash chute and was pulled out by a neighbour with a fire hose has suffered only cuts to his forehead, arms and feet.

The boy's 13-year-old aunt rushed up to 29-year-old Dan Kaetsu on the eighth floor of the Honolulu condo tower, asking for help.

She says the boy threw garbage down the chute and fell through the opening. He landed in trash piled up to the second floor.

Kaetsu broke a glass fire-hose box and sent the hose down the chute. Using the chute walls for support, the boy held the hose, and Kaetsu hoisted him to the eighth floor. Firefighters arrived as the boy emerged. THE ASSOCIATED PRESS

A

Some people don't get "made by Grandma" meals.

26% of seniors in Calgary struggle buying groceries to pay their ever increasing rent.

www.united4yyc.com

Choosing the program that's right for you is a big decision. That's why SAIT Polytechnic offers information sessions – your golden opportunity to discover your program options, ask questions, and sometimes, tour our campus.

Our sessions are free and range in topic and timing. Details on all our sessions can be found on the events calendar at sait.ca.
Here are just a few we're offering this month:

ENGLISH LANGUAGE FOUNDATIONS

SAIT offers English language upgrading to help ESL learners live, work or pursue education in Canada. Discover the English Language Foundations full- and part-time course collection, admission requirements, your funding options and what we can do to support your goals.

**Join us Wednesday, October 8 from 6:00 – 8:00 pm in Room N108, Chinook Lodge Aboriginal Resource Centre in the Senator Burns Building.
For more information or to confirm your attendance, please call 403.210.4045 or email elf.infosession@sait.ca.**

BROADCAST SYSTEMS TECHNOLOGY

Looking for a unique career that combines your resourcefulness with your technical expertise? The Broadcast Systems Technology program at SAIT Polytechnic is the perfect answer as it focuses on the technical aspects of the broadcast industry, and qualifies graduates for well-paying jobs that are in high-demand. Get trained on emerging digital systems so you can start a career you will love in the exciting world of audio and video technologies!

**Join us on Wednesday, October 8 at 7:00 pm in Room E114 in the John Ware Building.
Call 403.284.8081 or Email bxst.info@sait.ca to confirm your attendance or for more information.**

GEOSCIENCE INFORMATION TECHNOLOGY

(PREVIOUSLY KNOWN AS EXPLORATION INFORMATION TECHNOLOGY)

Are you interested in an oil and gas career that combines geology and geophysics and computer science? If so, then SAIT's two year, Geoscience Information Technology diploma program is for you.

**Join us on Wednesday, October 8 at 7:00 pm in Room MD217 in the Stan Grad Centre.
Call 403.210.5753 or Email expt.info@sait.ca to confirm your attendance or for more information.**

JOURNALISM AND PHOTOJOURNALISM

Interested in a career that combines your creativity with your resourcefulness? The Journalism and Photojournalism programs at SAIT are the perfect solution as they focus on communications, news writing, and photojournalism. Get trained at SAIT, and start a career that you will love.

**Join us on Wednesday, October 8 at 7:00 pm in Room H101 in the Senator Burns Building.
Call 403.284.8849 or Email ja.info@sait.ca to confirm your attendance or for more information.**

LIBRARY INFORMATION TECHNOLOGY

Interested in a career that combines your high-level organization skills with technology? The Library Information Technology program at SAIT is the perfect solution as it focuses on database searching, how to access information and helping people find information. Get trained at SAIT, and start a career that you will love.

**Join us on Wednesday, October 8 at 7:00 pm in Room H105 in the Senator Burns Building.
Call 403.284.8849 or Email lit.info@sait.ca to confirm your attendance or for more information.**

OPEN HOUSE – OCTOBER 24 AND 25

SAIT POLYTECHNIC

Freedom of information

Twitter suing FBI, DOJ to release info on surveillance

Twitter is suing the FBI and the Department of Justice in a bid to release more information about surveillance of its users.

Twitter Inc. filed a lawsuit Tuesday in a California federal court to publish its full "transparency report," which documents government requests for user information. The published report does not include the exact number of national security requests because Twitter, along with other Internet companies, has been prohibited from disclosing that information, even if no requests were received.

THE ASSOCIATED PRESS

NASA

Spacewalks resume after year-long hiatus

Two spacewalking astronauts moved a broken pump into permanent storage Tuesday, NASA's first routine maintenance outside the International Space Station in more than a year. American Reid Wiseman and German Alexander Gerst, both first-time spacewalkers, cheerfully completed the long overdue job 420 kilometres up.

"I can't wait to see these pictures," Gerst said.

THE ASSOCIATED PRESS

Turkey's president says Syrian border town 'about to fall' to ISIS

Turkish Kurds standing on the Turkey-Syria border watch smoke rise following an airstrike in Kobani, Syria, where the fighting between ISIS and Kurdish forces intensified Tuesday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Middle East. Kurdish fighters battling to halt Islamic group's advance bolstered by U.S.-led airstrikes, but it won't be enough, Erdogan warns

Islamic State of Iraq and al-Sham (ISIS) fighters were poised to capture a strategic Syrian town on the Turkish border, Turkey's president warned Tuesday, even as Kurdish forces battled to expel the extremists from their footholds.

The outgunned Kurdish fighters struggling to defend Kobani got a small boost from a series of U.S.-led airstrikes against the militants that sent huge columns of black smoke into the sky. Limited coalition strikes have done little to blunt ISIS' three-week offensive, and its fighters have relentlessly shelled the town in preparation for a final assault.

Warning that the aerial campaign alone was not enough to halt ISIS' advance, Turkish President Recep Tayyip Erdogan called for greater co-operation with the Syrian opposition, which is fighting both the extremists and forces loyal to Syrian President Bashar Assad.

"Kobani is about to fall," Erdogan told Syrian refugees in the Turkish town of Gaziantep, near the border.

"We asked for three things: One, for a no-fly zone to be created; two, for a secure zone parallel to the region to be declared; and for the moderate opposition in Syria and Iraq to be trained and equipped."

THE ASSOCIATED PRESS

House of Commons gives green light to join ISIS fight

One by one, Conservative MPs in the House of Commons led by Prime Minister Stephen Harper voted late Tuesday to join the war in Iraq, passing a controversial motion that clears the way for Canadian CF-18s to embark on airstrikes in the Middle East.

After two days of debate, the motion to launch a combat mission against the militants of the Islamic State of Iraq and al-Sham (ISIS) passed 157-134.

Some 155 Conservatives voted in favour of the motion, with the help of Independent MP Brent Rathgeber and Green MP Bruce Hyer, while the NDP and the Liberals were opposed. Liberal MP Irwin Cotler abstained from the vote.

"We do not take this step lightly," Harper said in a statement following the vote.

"It is imperative that we act with our allies to halt (ISIS') spread in the region and reduce its capacity to launch terrorist attacks outside the region, including against Canada.

"Our government has a duty to protect Canadians and to shoulder our burden in efforts to combat threats such as (ISIS). We must do our part."

Combat missions do not ordinarily require Commons approval, but Harper himself promised any combat mission, including airstrikes, would be subject to a debate and a vote.

In a statement of his own after the vote, NDP Leader Tom Mulcair accused the Conservatives of "plunging Canada into a prolonged war without a credible plan," and said the motion — which expressly permits airstrikes in Syria, too, with Syrian approval — exposes Canada to a bloody civil war in that country.

"Time and again, Conservatives have refused to answer clear questions and been evasive on critical details of this mission," Mulcair said.

THE CANADIAN PRESS

Prime Minister Stephen Harper speaks in the House of Commons on Tuesday. ADRIAN WYLD/THE CANADIAN PRESS

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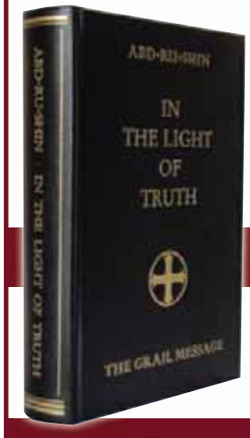
IN THE LIGHT OF TRUTH
THE GRAIL MESSAGE



The Grail Message mediates the living knowledge of the perfect Will of God in Creation. The author writes "....I wish to fill the gaps which have so far always remained unanswered in the souls of men as burning questions, and which never leave any serious thinker in peace, if he honestly seeks for the Truth." The revelation of Truth in the Grail Message opens a new path that leads man out of the present day confusion to all knowledge and Truth.

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Study identifies 8 DNA variants in coffee drinkers

Java genes. Harvard research indicates four are associated with caffeine's effect as a stimulant and how the body breaks it down

Genes and coffee-drinking are closely linked. ISTOCK

How much coffee do you drink every day? One cup in the morning? Or do you gulp it all day?

Scientists have long known that your DNA influences how much java you consume. Now a huge study has identified some genes that may play a role.

Their apparent effect is quite small. But variations in such genes may modify coffee's effect on a person's health, and so genetic research may help scientists explore that, said Marilyn Cornelis of the Harvard School of Public Health. She led the research.

The project analyzed the results of about two dozen previous studies with a combined total of more than 120,000 participants. Those participants had described how much coffee they drink a day, and allowed their DNA to be scanned. The new study looked for minute differences in their DNA that were associated with drinking more or less coffee.

Researchers found eight such variants, two of which had already been linked to coffee consumption.

Four of the six new variants implicate genes that are involved with caffeine, either in how the body breaks it down or in its stimulating effects, the researchers said in a paper released Tuesday by the journal Molecular Psychiatry.

The two other newly implicated genes were a surprise because there's no clear biological link to coffee or caffeine, Cornelis said. They are instead involved with cholesterol levels and blood sugar.

THE ASSOCIATED PRESS

Signing the future 'hello'

A prototype of Japanese electronics company Toshiba's female android Ms. Aiko Chihira performs sign language to a visitor during the annual CEATEC Japan advanced technologies show in Chiba. The robot features smooth gestures and expressions, giving a self-introduction to visitors. Exhibitors used such attention-grabbing gadgets to showcase their technology and stand out at the event that began Tuesday.

KOJI SASAHARA/THE ASSOCIATED PRESS

Delaware

Girl accidentally brings heroin to daycare

A four-year-old girl mistakenly took about 250 heroin packets (an estimated four grams) to her daycare centre Monday and began passing the packets to classmates, thinking they were candy, Delaware State Police said Tuesday.

Any kids who received the heroin packets went to the hospital as a precaution, but no packs were opened and all children were examined and released.

Police say the child brought the heroin to the centre when her mother gave her a different backpack because the girl's regular one had been ruined by their family pet.

The girl's mother, Ashley Tull, 30, was charged on three counts of child endangerment and maintaining a drug property. She was arraigned Monday in Justice of the Peace Court and released on a $6,000 bond.

THE ASSOCIATED PRESS

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Driven to distraction by voice-activated gadgets?

Studies. Hands-free devices meant to cut down on distracted driving may be doing more harm than good

Just because you can talk to your car doesn't mean you should.

Two new studies have found that voice-activated smartphones and dashboard infotainment systems may be making the distracted-driving problem worse instead of better.

The systems let drivers do things like tune the radio, send a text message, or make a phone call while keeping their eyes on the road and their hands on the wheel, but many of these systems are so error-prone or complex that they require more concentration from drivers rather than less, according to studies released Tuesday by the AAA Foundation for Traffic Safety and the University of Utah.

Quoted

"When these systems become more complex, like sending text messages or posting to Facebook, it pushes the workloads to pretty high levels and may be dangerous while driving."

David Strayer, the University of Utah psychology professor who led the two studies

One study examined infotainment systems in some of the most common auto brands on the road: Chevrolet, Chrysler, Ford, Hyundai and Mercedes.

The second study tested the Apple iPhone's Siri voice system to navigate, send texts, make Facebook and Twitter posts, and use the calendar without handling or looking at the phone.

Apple and Google are working with automakers to mesh smartphones with infotainment systems so that drivers can bring their apps, navigation and music files into their cars.

Apple's Siri received the worst rating, 4.14. Twice, test drivers using Siri in a driving simulator rear-ended another car.

Chevrolet's MyLink received the worst rating, 3.7, among the infotainment systems.

Infotainment systems from three other automakers Mercedes, Ford and Chrysler also were rated more distracting for drivers than simply talking on a handheld cellphone. Most of the cars were 2013 model year vehicles.

THE ASSOCIATED PRESS

Bee deaths. Pesticides 'threat' to ecosystem

The widespread use of neonicotinoid pesticides by Ontario farmers, which has been linked to the deaths of bees, could have a "massive impact" on our ecological system, the province's environment watchdog warned Tuesday.

"All the science is not done, but everything that I have before me ... suggests to me that this is the biggest threat to the structure and ecological integrity of the ecosystem that I have ever encountered in my life — bigger than DDT, " said Environmental Commissioner Gord Miller as he released his annual report.

Dichloro-diphenyl-trichloroethane was banned in Canada in 1972 because of environmental and safety concerns, and even Environment Minister Glen Murray admitted the neonicotinoid class of pesticides is "much more toxic" than DDT.

"It is impacting not just colonizing bees, but wild bees, birds, soil health as well as frogs and other invertebrate aquatic life," said Murray.

THE CANADIAN PRESS

SAY SOMETHING?

Find out what you don't know about workplace harassment at workright.alberta.ca

WORK RIGHT Alberta Government

1,600 customers

Rogue AT&T worker got customer data

AT&T in the U.S. has informed about 1,600 customers that a rogue employee had accessed account information that might have included Social Security numbers and other personal data.

AT&T says the employee had failed to follow its privacy rules and no longer works for the company. THE ASSOCIATED PRESS

Report

The True North, strong ... and slow to embrace tech

Some of North America's most influential online companies warn that Canada is losing its international edge on the Internet because businesses are slow to take up digital technology.

The Internet Association points out the contribution Internet companies in Canada make to the economy continues to be far below that of other G20 countries.

THE CANADIAN PRESS

Wal-Mart Stores Inc.

Always low prices. But not always health insurance

Wal-Mart Stores Inc. plans to eliminate health insurance for some of its part-time U.S. employees in a move aimed at controlling rising health-care costs of the nation's largest private employer. Wal-Mart told The Associated Press that starting Jan. 1, it will no longer offer health insurance to employees who work fewer than 30 hours a week. THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.52¢ (-0.32¢)

TSX 14,576.45 (-166.67)

OIL $88.85 US (-$1.49)

GOLD $1,212.40 US (+$5.10)

Natural gas: $3.94 US (+$0.03)
Dow Jones: 16,719.39 (-272.52)

Stormy days for workers in Romania

A Romanian worker holds a megaphone during a protest by trade unionists from all over Romania, Tuesday in the capital of Bucharest. Thousands joined a protest demanding changes to the employment legislation, which, according to the trade unions, gives excessive powers to employers and offers very limited means for negotiating working conditions to the employees.

VADIM GHIRDA/THE ASSOCIATED PRESS

MATH: THE NOBELIST OF PURSUITS

JUST SAYIN'

Paul Sullivan
metronews.ca

It's Nobel prize season again, the time of year that reminds us of the good things that can happen if we stick with math.

This year's physics prize winners include the three guys from Japan who invented LED lights, which have had an instant and illuminating impact on our world.

Each scientist gets a cool eight million kronor (about $1.1 million), while a grateful planet gets a vastly more efficient lighting technology that just screws into the old one.

LED (an acronym for light-emitting diode) lights last 10 times longer than fluorescent lights and 100 times longer than bad old Thomas Edisons. This is significant because one-quarter of the world's electricity goes to lighting.

LED lights have already taken over about 10 per cent of the lighting load, and the Lighting Research Center (you knew there would be one of those) estimates that will increase to 30 per cent when the price comes down.

That's good for a few billion tonnes of greenhouse gas.

Last year's physics prize was pretty cool, too — it recognized the discovery of the elusive Higgs boson, one of the elemental particles of the universe, tracing its lineage back to the Big Bang. But you need Carl Sagan to explain what the little guy actually does, and, unfortunately, Carl's no longer with us.

The LED light, on the other hand, is conveniently available at your local Canadian Tire store. Not only does it last 10 to 100 times longer than an old-fashioned bulb, it costs 10 to 100 times more. But you just screw it in the socket and forget about it. It's a race to see what lasts longer, you or your light bulb.

This is obviously a problem, and someone in the lighting industry is going to have to figure out how you make money from something that lasts forever. Right now, the generally accepted North American business plan is for cheap stuff that falls apart in three years.

Still, the LED reminds us of the power of science and technology to change the world, just like that. Just when you think the grid is overextended and ready to blow the mother of all fuses, a scientist finds a way to increase capacity by 10 to 100 times.

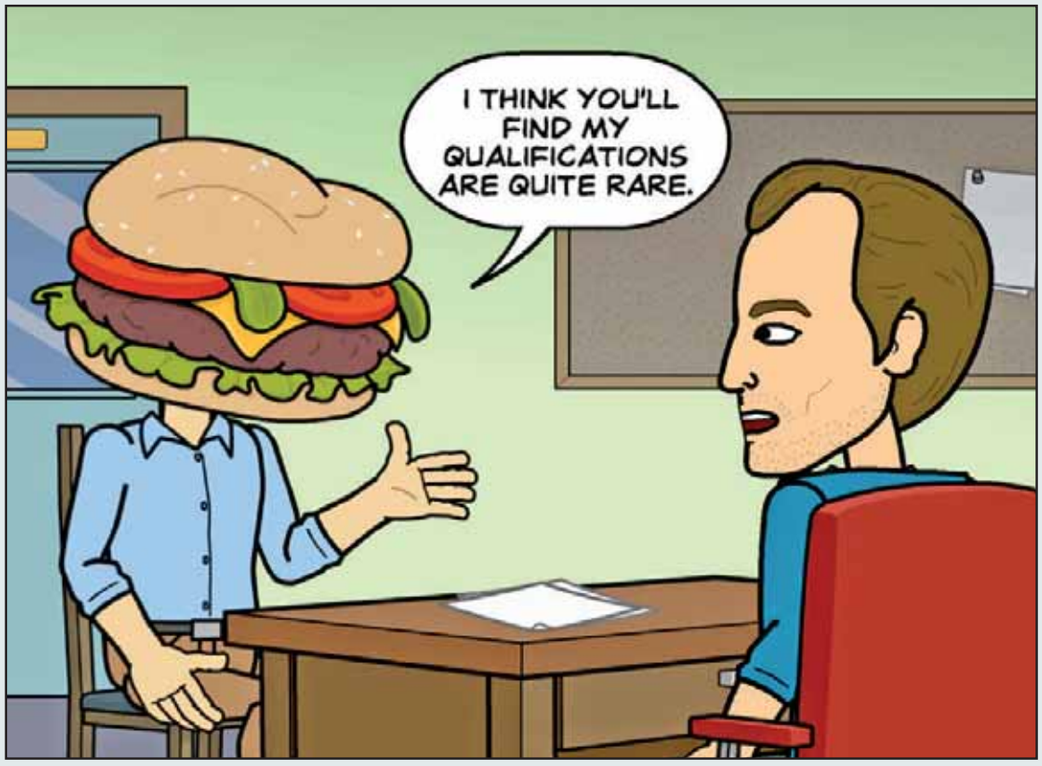
The idea that science will save us is not popular these days among the children of Hollywood, who have been raised on the notion that science will kill us if we're not careful. Funny, but the technology-driven apocalypse is a lot more believable with the discovery of digital special effects. Some math nerd could win both a Nobel and an Oscar, but end up turning us against technological progress. Oh, the irony.

So the LED prize comes at a crossroads in human evolution. As curiosity and freedom of thought are all under assault by people who flunked math, it's a timely reminder that on its good days, science rules.

Now, if only we can figure out what to do with a Higgs boson.

Metro Bitstrips caption contest

Today's winner: Kyle Sherman



Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

MetroTube

'Holy mother of muumuu!'

ANDREW FIFIELD
andrew.fifield@metronews.ca

ISTOCK

David Schulze and his wife were driving through Mer Rouge, Louisiana, this weekend, when they came across a tractor trailer — carting a crane for good measure — stalled on the train tracks while the warning bells wailed. What happened next is fairly predictable. According to KNOE TV, the truck's driver escaped in time. However, two railroad employees were injured in the crash and are recovering in hospital. (David Schulze/YouTube)

Twitter

A town in Alberta has decided to uphold its 109-year-old ban on alcohol. What would you banish from your city for a century?

@piemagjess: Racism... is that asking for too much?

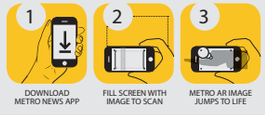
Join the conversation @metropicks

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 16 in Scene and page 20 in Life.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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SCENE 2

Dropping the gavel on truth and justice at the movies

You judge 'em. Legal films deliver some memorable movie lines

IN FOCUS
Richard Crouse
scene@metronews.ca

"My father's a lot of unpleasant things. A murderer's not one of them."

That's how Robert Downey Jr. describes his father, the titular character in this weekend's legal thriller The Judge. Robert Duvall plays the irascible old judge, who, when accused of vehicular manslaughter, must reluctantly rely on his estranged lawyer son for a defence in court.

While he's on the bench, he's a no-nonsense justice who doles out old-fashioned common sense along with his judgments. In one case, he makes a deadbeat dad hand over his brand-new truck to his ex-wife, joining a long list of movie magistrates who have meted out law and order on the big screen.

Everyone remembers Fred Gwynne as My Cousin Vinny's Judge Chamberlain Haller —his classic question, "What is a yoot?" may be one of the most famous movie lines delivered from the bench — but how about Judge Doom, the much feared judge of Toontown?

As played by Christopher Lloyd in Who Framed Roger Rabbit, he presides over a town of cartoon characters, punishing lawbreakers with the dreaded Dip, a bubbling vat of turpentine, acetone and benzene that "erases" them. His mission is to pin the murder of Marvin Acme on Roger Rabbit. "I'll catch the rabbit, I'll try him, convict him and execute him!"

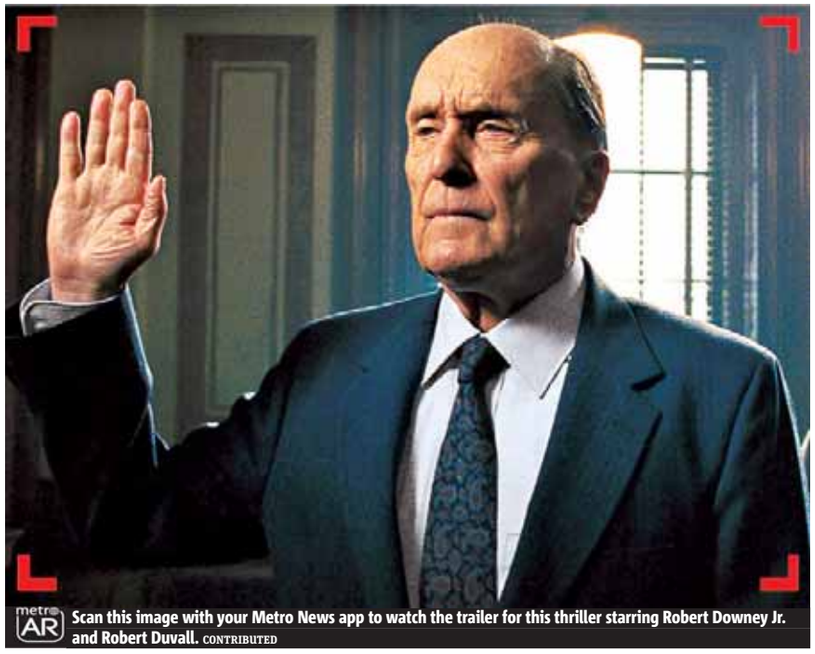
Everyone has heard the term "judge, jury and executioner," but Judge Dredd adds one more title, police officer. Set in 2080, this Sylvester Stallone movie sees the justice system boiled down to Street Judges who enforce the laws and dole out instant justice. When Joseph Dredd is convicted for a crime he didn't commit, he must prove his innocence. "The evidence has been falsified! It's impossible! I never broke the law, I AM THE LAW!"

Finally, a more conventional judge is seen in Anatomy of a Murder, the 1959 Otto Preminger film about an army lieutenant accused of murdering a bartender who attacked his wife.

The all-star cast — defence attorney James Stewart, George C. Scott as the prosecutor, Ben Gazzara and Lee Remick as the defendant and his wife — was presided over by real-life lawyer Joseph N. Welch as Judge Weaver.

Welch made several pictures, but is best remembered as the attorney who represented the Army in the McCarthy hearings and scolded the Communist-hunting senator with the famous words, "Have you no sense of decency, sir?" when he verbally attacked a member of Welch's law firm.

Robert Downey Jr. CONTRIBUTED



metro AR Scan this image with your Metro News app to watch the trailer for this thriller starring Robert Downey Jr. and Robert Duvall. CONTRIBUTED

Youth must be served

"What is a yoot?

Judge Chamberlain Haller's classic line in My Cousin Vinny

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OUR TAKE ON THE WORLD OF CELEBRITIES

Queen Elizabeth ALL PHOTOS: GETTY IMAGES

Palace staff who love dating apps left to Tinder mercies of the Queen

This had to be an awkward security briefing. Queen Elizabeth is reportedly "deeply concerned" about safety at Buckingham Palace since so many of her staff are having overnight guests that they met through dating apps like Tinder and Grindr, according to the Daily Mail. "There are real and serious security concerns at Buckingham Palace about members of staff use of dating apps such as Tinder, which can be rather sleazy," a source says. "The palace police are particularly unhappy about the number of guests of servants staying overnight, especially when they may have only just met." I wish someone had been using a hidden camera when a staffer had to explain to the Queen about Grindr and Tinder.

Twitter

@amandabynes
I'm transferring to NYU or Columbia from FIDM to study psychology, so you'll see me in New York if you live here but I HATE stalkers!

@JoJoistheway
I need to not fall asleep with the news on,..

@rickygervais
I can't think of anything remotely interesting to tweet.

The Word

Shame is yours, not mine: JLaw

NED EHRBAR
Metro in Hollywood

Jennifer Lawrence is finally speaking out about the nude photo-hacking attack to which she and several other female celebrities fell victim.

And as usual, Lawrence has some pretty awesome things to say: "I was just so afraid. I didn't know how this would affect my career," Lawrence tells Vanity Fair. "Just because I'm a public figure, just because I'm an actress, does not mean that I asked for this. It does not mean that it comes with the territory. It's my body, and it should be my choice, and the fact that it is not my choice is absolutely disgusting. I can't believe that we even live in that kind of world."

There's a reason it took her this long to speak out, as the violation of privacy was pretty tough to get over. "Every single thing that I tried to write made me cry or get angry," Lawrence says. "I started to write an apology, but I don't have anything to say I'm sorry for. I was in a loving, healthy, great relationship for four years. It was long distance, and either your boyfriend is going to look at porn or he's going to look at you."

Which leads to one of the key points Lawrence so eloquently makes: Those photos aren't for you.

"It is not a scandal. It is a sex crime. It is a sexual violation," she says. "Anybody who looked at those pictures, you're perpetuating a sexual offense. You should cower with shame. Even people who I know and love say, 'Oh, yeah, I looked at the pictures.' I don't want to get mad, but at the same time I'm thinking, I didn't tell you that you could look at my naked body."

Oh, mon Depardieu! Too much information, dude

Now, onto less serious topics, like Gerard Depardieu's past as a male prostitute. The highly quotable French actor — or is he technically a Russian actor, now? — has a new autobiography, That's the Way it Was, and it has some rather interesting revelations.

For instance, as a teen and young adult in France, he worked as an escort. "I've known since I was very young that I please homosexuals," he writes.

Oh, and not only did he please them, he would also sometimes mug them, which is just poor customer service.

"At 20, the thug in me was alive and kicking." That thug in him also led him into the lucrative worlds of auto theft — for which he served time — and grave robbing. Delightful.

Gerard Depardieu

Michelle Williams

Now life will no longer be a Cabaret, Michelle puts Brooklyn home up for sale

If anybody's looking for a swanky Brooklyn townhouse, Michelle Williams is all done with hers. The Oz the Great and Powerful star is putting the six-bedroom property on the market for $7.5 million, according to Radar Online. The ridiculously well-appointed home also has rustic hardwood floors, a library, 4.5 bathrooms — one with a claw-foot tub, even — a partially covered backyard patio and a three-car garage. All it needs is a hot tub and it could be the next Real World house.

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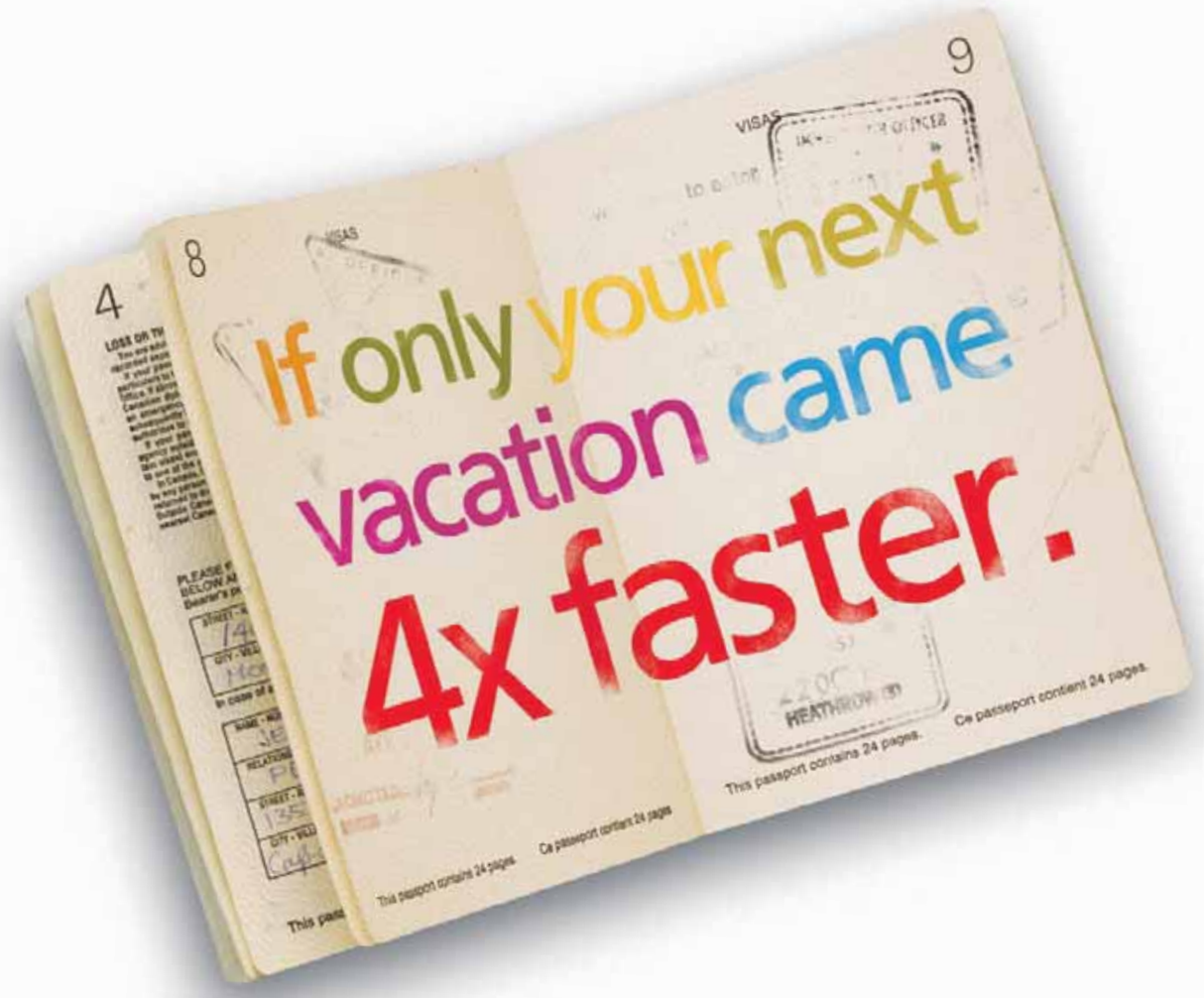

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How-to

Never sacrifice style for comfort — and vice versa

1. Wrinkle-free trousers and chinos are more stylish and more comfortable than denim.
2. Go with fabrics that breathe so you perspire less. Synthetic fabrics also tend to absorb odours.
3. Sweatpants and other athletic wear can tend to look sloppy.
4. Roll up jackets for the overhead bin. To keep blazers clean, turn them inside out and fold them shoulder into shoulder before rolling them up.
5. Darker colours won't show dirt/spills as much.
6. Keep jewelry to a minimum. Elaborate earrings can make sleeping less comfortable.
7. Opt for simple slip-ons over lace-ups or high heels. And please wear your shoes to the lavatory!

DOUG WALLACE/METRO

Trend

Accessible airport lounges

Departure lounges aren't just for the elite. Hourly-fee lounges are cropping up to offer free snacks and beverages, Wi-Fi, work stations, conference rooms, private nooks, concierge services, showers, etc. The Airspace Lounge at JFK, Baltimore-Washington, Cleveland and San Diego lets passengers rest or work in comfort for $20. The Club at ATL in Atlanta, Dallas, Phoenix and San Jose offers day passes for $35. The Centurion Lounges by American Express (free for Platinum cardholders, $50 for most AmEx cardholders) have set up shop in LaGuardia, Dallas and Las Vegas.

TEXT: DOUG WALLACE, PHOTO: AMEX

Deal

Posh skiing for less in Colorado

The Arrabelle at Vail Square in Vail, Colorado, has 60 per cent off winter rates if you book a minimum of six nights by November 21 for travel between March 12 and 21. This is for one- to three-bedroom residences only, and breakfast is included. Just steps from one of the lifts, the Arrabelle has a healthy dose of old-school, European ski-chalet charm. Keep an eye out for the ubiquitous celebrities. Call Merit Vacations to book at 800-268-5940.

TEXT: DOUG WALLACE, PHOTO: VAIL RESORTS

Oktoberfest. Raise your glass to these unique brew spots

Bucket list breweries

- **Largest brewery.** The Golden Brewery, Colorado
- **Oldest brewery.** Bavarian State Brewery, Weihenstephan, Germany
- **Most remote brewery.** Easter Island
- **Smallest brewery.** Bragdy Gwynant, Wales

For those unable to make it to the Kitchener-Waterloo, Ont. Oktoberfest — the second largest Oktoberfest in the world — Cheapflights.com rounds up a collection of unique breweries around the world. Cannabia is all about beer made with hemp. Since 1996, a town called Neunkirchen in Germany has been producing suds brewed with organic Pilsner and hemp to bring the term beer buzz to a whole new level. The weirdest brewery in the world has to be in Newport, Ore., where bottles of brewsky are made from human hair — male facial hair. Beard Beer harvests beard hair — a viable source of yeast — to produce suds. Then there's the coldest and northernmost brewery. Ice Cap Beer is produced in Greenland and made with melted ice from a 2,000-year-old iceberg. Oktoberfest in Kitchener, Ont. runs from Oct. 10-18th. AFP

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Building the pillars of education in Ecuador

Volunteer adventures. Donate more than money while learning about different cultures as you pick up new skills — like bending rebar and hand-mixing cement

VAWN HIMMELSBACH
life@metronews.ca

metro AR Participants had to cut, form and bind rebar to build pillars that will hold up a school in Bella Vista Baja, Ecuador. Scan this photo with your Metro News app to see more images.

It's a winding eight-hour bus ride across the Andes, where you feel the effects of the altitude and bone-chilling cold.

After a motion-sickness-inducing descent into the Amazon basin, you then catch a motorized canoe for half an hour on the Rio Tinto, before being dropped into an environment that has tarantulas and snakes and sometimes 40-plus-degree heat. And this is after a full day of connecting flights from Canada to Quito, Ecuador.

All to get here: Minga Eco Lodge. It's the definition of remote, deep in the Amazon. This is the newest destination in Me to We's Volunteer Adventure offerings, allowing volunteers to work alongside the Amazonian people and learn about the challenges they face.

"This isn't a luxury paradise vacation, but what you will get out of this is the satisfaction of knowing … you've been able to give someone something that's greater than money — and that's your time," said Lauren Ott, manager of executive projects with Free the Children.

I'm tagging along with a group of seven Aimia employees on a corporate-sponsored trip to help build a school in the nearby village of Bella Vista Baja. Aimia is a loyalty management company that owns Aeroplan and supports a range of charitable endeavours from donations to employee volunteer activities (for this trip, employees had to apply for a spot by writing an essay).

Alberto Valdes, a manager at Aimia, wanted to come here because his mother is Ecuadorian.

"Growing up, my mother always said how lucky we are to have what we have," he said. "I thought I knew what that meant, but when I got (to Ecuador), I realized I didn't."

Valdes made a sacrifice of his own to be here: His wife is seven-and-a-half months pregnant. Being cut off from the outside world — there's no Internet and no cell coverage, either — is challenging, but he wants to be able to share these stories with his kids so they're aware of important issues from an early age.

There are no roads here. Instead, we hop in a motorized canoe to get to Bella Vista Baja, a community where the only source of "clean" water is from a hose that comes up out of the ground in the middle of the school playground. There's only one toilet in the entire community, which belongs to the wealthiest family.

"Many of the indigenous people not only feel forgotten, but their infrastructure is very lacking," said Ott. In the past, non-profits would come to areas like this with an attitude of "build it and they will come."

But without community consultation, they built things and no one came. Outhouses became sheds; wells dried up.

Me to We's model is different, in that it requires sitting down with community leaders (not once, but six times) to find out what they need, rather than telling them what they need.

The community is also required to either pay or supply the resources for 10 per cent of every project. "Our hope is within five or six years we're able to leave the community and they're fully sustainable," said Ott.

In Bella Vista Baja, we're helping to build a school, alongside a crew made up of locals. We cut, form and bind rebar to build, quite literally, the pillars of education. Cement (mixed by hand) will be poured over the re-bar to create pillars that will hold up the school. It's back-breaking work without machinery. It will take six to seven months to complete one school, so our group will be one of many helping to make that happen. "It's taking the time to show someone that they're important enough that you took the time to meet them and learn their name," says Ott.

Finding their focus

"We wanted to create our own identity in the business-scape of Canada," said Alden Hadwen, Aimia's head of community engagement. So Aimia ran focus groups with members to find out what makes life meaningful for them, which has resulted in partnerships with not-for-profit organizations such as Free the Children, among others.

- **Members.** Can donate miles to various causes; Aeroplan also donates miles or matches miles. Aeroplan has contributed close to 100 million miles.

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Stuffing takes on turkey with a twist

Alternative Thanksgiving week. The combination of broccoli and wild rice shake up your holiday stuffing

DINNER EXPRESS
Emily Richards
food@metronews.ca

With Thanksgiving around the corner you may be thinking about what to enjoy with family and friends.

When inviting guests during the holidays, you may need to take into account some dietary restrictions, and it's always nice when flavour doesn't have to suffer.

Bread stuffings for turkey are very popular and certainly tasty, but with many gluten intolerances, that may not be on your list this year.

This unique twist on a stuffed turkey includes a wild rice stuffing with colourful broccoli and crunchy water chestnuts to give it an Asian-inspired taste for the table. With a little heat in the marinade, the flavours sing out.

Using rice as a stuffing idea makes this a versatile option for gluten-free family members who really do enjoy a stuffing.

This recipe makes eight servings. EMILY RICHARDS

Ingredients

- 1 tsp (5 ml) sesame oil
- 4 cloves garlic, minced
- 2 tbsp (30 ml) minced fresh ginger
- 1 cup (250 ml) chopped broccoli
- 1/2 red bell pepper, finely diced
- 2/3 cup (160 ml) cooked wild rice
- 1/3 cup (80 ml) water chestnuts, drained and diced
- 3 tbsp (45 ml) sodium-reduced tamari sauce
- 2 tbsp (30 ml) rice vinegar
- 1 egg white
- 1/2 tsp (2 ml) Asian garlic chili paste or Tabasco sauce
- 1 large boneless, skinless turkey breast (about 2 lb/1kg)

1. In a large non-stick skillet, heat oil over medium heat. Add garlic and ginger and cook for 1 minute. Add broccoli and red pepper and cook for 3 minutes or until beginning to soften.

Add rice and water chestnuts and cook for 2 minutes or until warmed through. Remove from heat and add 2 tbsp (30 ml) of the tamari sauce, 1 tbsp (15 ml) of the vinegar and stir to combine. Let cool completely. Stir in egg white.

2. Using chef's knife, slice turkey breast horizontally in half almost all the way through.

Open like a book and using meat mallet, pound turkey to about 1 inch (2.5 cm) thick.

Spread rice mixture over turkey breast. Roll up jelly-roll-style and using kitchen string, tie roll in 2-inch (5 cm) intervals. Place in shallow small roasting pan.

3. In small bowl, whisk together remaining tamari sauce, rice vinegar and Asian chili paste. Pour over turkey breast, turning to coat all over.

Cover with plastic wrap and refrigerate for at least 1 hour or for up to 4 hours.

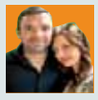
4. Roast in 325 F (160 C) oven for about 1 hour and 30 minutes or until meat thermometer reaches 180 F. Let stand 10 minutes before slicing into 1/2 inch (1 cm) thick slices.

Tip: If you want to use just the stuffing, simply make it as in the recipe and bake in a small casserole dish, covered in a 350 F (180 C) oven for about 20 minutes to heat through and cook the egg.

To cook the wild rice, boil in salted water for 30 to 40 minutes or until tender but firm. The rice will have "popped" a bit during cooking.

Food around the world

Brazil (vegan rating: 5/10)



MEAT AND VEG
meatandvegontheroad.tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.

Veg: The beautiful southern beach town of Florianopolis was where we spent all of our time in Brazil, but the local seafood eateries didn't offer Veg many vegan options. To combat this, we raided the local markets and whipped up this varied dish of textured soy protein, gluten-free corn pasta, fresh cucumber slices accompanied by a tomato sauce laden with local brown beans and vegetables.

Meat: The country's national stew is Feijoada so I decided to make my own large batch of this oily, satisfying pork-and-bean mix. I made so much, in fact, that I began adding it to breakfast most mornings with my chorizo, scrambled eggs, fried potatoes and toast.

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When a workplace needs some work

Advice as enterprise.
A career in consulting provides a plethora of opportunities

JUSTIN MATHEWS
TalentEgg.ca

The picture in consulting is a promising one, for a wide variety of reasons. While consulting is a broad field with a range of opportunities, there are some qualities that apply to the industry as a whole, and those qualities bring particular benefits. Take a second to think about how these perks and benefits align with your career goals.

You're in the fast lane
Consulting offers invaluable skill-building, personal development and networking opportunities — right from the start. In fact, the level of autonomy and responsibility an entry-level consultant or analyst receives is almost unparalleled.

Working with a client's top CEO or CFO is not unheard of, which allows relatively new professionals ample opportunity to build a strong network in and out of the firm.

That professional spotlight means that consultants quickly develop and hone their problem-solving and communication skills.

Your work is diverse
As an industry that serves all others, consulting offers recent graduates variety like no other.

Consulting firms are primarily external, meaning your work will vary from client to client and project to project.

Over the course of just six months, you might tackle several different projects. Each one could offer a new kind of content and scope, as well as a range of clients, workplace environments and even countries.

By this measure, there is also enormous variety in the industries that a consulting firm can assist, be it a business firm, media organization, startup tech company or government agency. For many consultants, travelling is routine.

With so many different clients and projects, a career is consulting is most certainly not your typical day job, and far from monotonous.

You're well-rewarded
As with any booming industry, consulting is lucrative and the pay is substantial.

With companies lining up for the services offered by consulting firms, entry-level consultants can expect compensation packages that are intended to reward them — and keep them.

Often salaries are cushioned with expense accounts, paid-for professional development, travel packages and free training. Entry-level consultants in Canada can expect an average salary of $50,000 in their first year.

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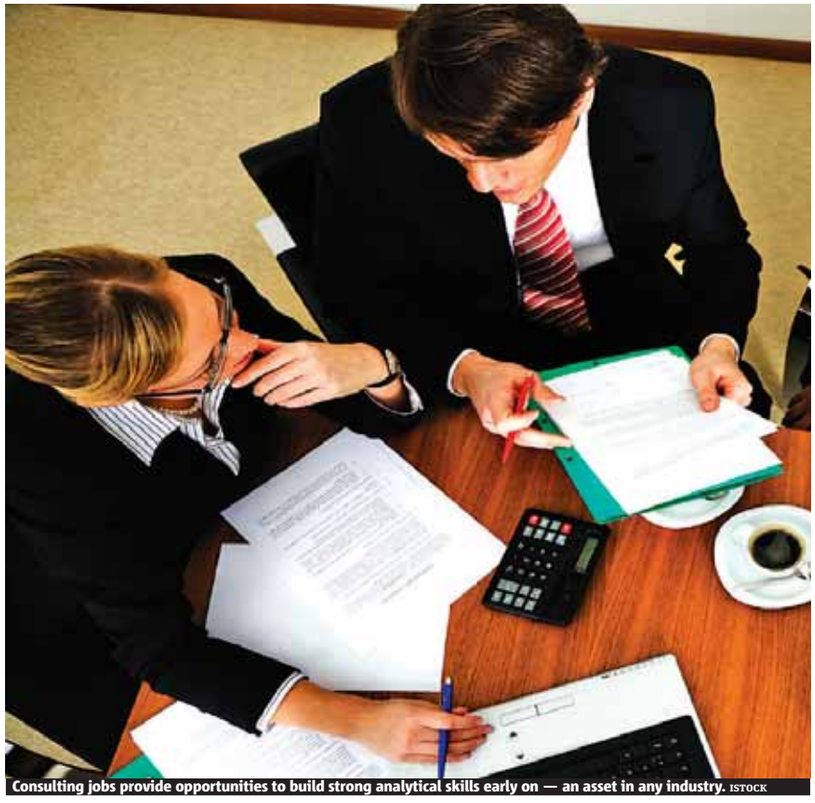
The consulting industry remains one of the most successful industries around the globe.

- Organizations that employ consultants on a large scale (investment banks, private equity firms, corporate law firms and more) are often central to the sustained success of economies, because they are crucial in helping companies to raise capital, facilitate complex transactions, and integrate new technology.
- To this end, companies, corporations, and even governments are increasingly reliant on consulting firms to improve their operations and achieve strategic objectives.



Consulting jobs provide opportunities to build strong analytical skills early on — an asset in any industry. ISTOCK

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In the event of an event, follow these golden rules for getting yourself out there

They want you. When you show up to any job fair, remember the reason it's being held

ROSIE HALES
TalentEgg.ca

Go ahead and tell recruiters what you like about their company's job-fair booth. That will show that you're paying attention, and aren't afraid to share your thoughts. ISTOCK

Networking has the ability to make people cringe. Just walking up to someone and starting a conversation can be blush-inducing and might even seem unnecessary. Why not save yourself the embarrassment and just find them online and send them an email?

It's not possible to emphasize enough just how important human contact is when it comes to job-hunting. The great part about recruitment events is that the networking opportunities need not be so daunting.

The one golden rule to networking at a recruitment event is to remember this fact: Every single recruiter at any recruitment event is there because they want to talk to you, maybe even hire you.

Making contact

Don't forget to swap info with company recruiters:

- Trade their business card for your business card, a resumé and a cover letter. This is a really good way to end a conversation that you think went well, and if you followed the tips listed at right, then the recruiters will likely remember you and therefore need a way to get in touch with you later.
- Following up after a promising conversation is an obvious way to get out in front of the crowd. Doing so might just get you on the path to a career.

Sounds a bit like a no-brainer, right? Wrong. You'd be surprised how many people choose to avoid a recruitment event because they're concerned about networking. Just keep the following tips in mind.

Ask questions about the company and their rep

The best way to leave a great impression on someone is to ask them questions about themselves. This definitely applies at a recruiting event, too. After you've introduced yourself to the campus recruiter, ask them:

Itching to engage

Every single recruiter at any recruitment event is there because they want to talk to you, maybe even hire you.

- What brought them to work for this company?
- If they did post-secondary education, what kind did they do, and what was their specialty?
- What's their favourite part of the job?
- Which company office are they from?

Don't forget to ask key questions about the company:

- What kind of students are they looking to attract at this recruitment event?
- What do their available positions entail?
- How long does the application process take (so you know when to apply)?

Let them know what you like about their booth

Employers love feedback about this kind of stuff as it lets them know what parts of their recruitment strategy are catching the eyes of people like you.

Try to say something a little more engaging than just commenting on the free stuff (even if that is the reason you like their booth). Find something to talk about that shows that you're attentive and perceptive.

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A PURSUIT OF HAPPINESS

TD travel rewards bringing the joy

SHUTTERSTOCK

Canadians aren't just happy when they make a purchase which could result in travel rewards, they're also happy when they redeem those travel rewards down the line.

More than a third of Canadians (35 per cent) say they feel happy when they redeem for travel rewards because they love to get a good deal, according to the TD Travel Rewards survey conducted for TD Canada Trust.

The next most common emotion when redeeming miles is satisfaction with the chosen reward (26 per cent), followed by a sense of accomplishment in collecting the required number of miles and excitement about being able to take a dream trip (16 per cent).

"The suite of TD Aeroplan Credit Cards offer a great way for travel enthusiasts to get the most out of everyday credit card purchases and feel that exhilaration of reaching a goal when they redeem their Aeroplan Miles for a trip or reward that they have been planning for, for themselves, or with family or friends," said Stephen Menon, associate vice president, Credit Cards, TD Canada Trust. In addition to exploring the emotional response to the redemption of travel rewards, the survey also explored the personality types of travel rewards collectors.

The results showed that most Canadians who collect travel rewards fall into three main personality types — Strategizers, Savers and Accidental Tourists.

Strategizers, who make up 27 per cent of collectors, develop a detailed plan to earn as many miles as possible, including accumulating bonus multiplier miles by using a rewards credit card to purchase such things as groceries and gasoline. The second largest group — at 24 per cent — are Savers, who accumulate miles specifically for a dream getaway. Close behind are Accidental Tourists (22 per cent), who earn miles randomly and travel randomly.

Whether a Strategizer, a Saver or an Accidental Tourist, it's important to choose the travel rewards credit card that best fits your needs and helps you to achieve your goals as quickly and as easily as possible. Menon also suggests considering the other benefits a travel rewards credit card can offer. For example:

- Look for welcome bonuses and the ability to earn bonus travel rewards on certain purchase categories
- Take advantage of additional benefits that your travel rewards credit card may offer, like travel insurance coverage, concierge services and airline perks
- Understand the value of your travel rewards in a way that makes sense to you, like air travel or merchandise rewards
- To get the full benefits of any credit card rewards program, ensure the credit card bill is paid in full and on time each month to avoid interest charges on your purchases

Embrace the staycation vacation

Fall is here, and with the busy holiday season on its heels, planning to take even a short break from the office is on many of our minds.

But with competing financial demands, taking that mini-vacation can seem more stressful than relaxing. It's important to remember that vacations are about taking the time to relax, and a vacation close to home can be just as fun and easier on the bank account.

"Vacations don't have to be expensive — staycations are an affordable option that can provide the same mental and physical benefits as travelling to an exotic destination," says Stephen Menon, associate vice president, TD Credit Cards.

"But, regardless of what type of vacation you decide to take, it's still wise to plan ahead and budget for it."

SHUTTERSTOCK

KEEP COSTS LOW

If you do plan to vacation close to home, Stephen Menon, associate vice president, TD Credit Cards, offer his tips to keep costs in check:

- Plan ahead. For example, if your vacation plans include a weekend trip to wine country, after putting aside $50 a week for 6 months you'll have over $1,000 to put towards it.
- Budget for all costs associated with your travel and take advantage of rewards earned with your rewards credit card. Look for a credit card that lets you redeem rewards on all anticipated travel related expenses, including car rentals. Some cards also offer protection for your purchases against breakage or loss , and can sometimes reimburse you for certain emergency expenses due to travel delays and cancellations.
- Bring essentials from home — like groceries, snacks and water — which can help cut down on expenses while travelling
- Take advantage of free activities close to home like heading outside the city for some hiking.

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SHUTTERSTOCK PHOTOS

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DON'T BE LEFT OUT IN THE COLD THIS WINTER

THE BEST DEFENCE AGAINST YOUR SENSITIVE TEETH

SHUTTERSTOCK

You may think that drinking an ice cold or piping hot drink causes it. Or maybe a big breath of cold winter air. But the painful reaction you have when you expose your sensitive teeth to extreme temperatures is the outcome, not the cause.

What causes your teeth to experience that uncomfortable twinge?

"Vital teeth are alive with nerve and blood supply to the teeth, so they respond to sensory stimuli such as hot, cold or pressure," says Dr. Janet Tamo, a Toronto dentist.

Hard brushing and certain sugary or acidic foods will affect the structure of the tooth and leave it vulnerable so that cold sensations have a pathway to the nerve, which will then cause pain.

Many people avoid exposure to cold drinks and foods, knowing that it may aggravate the sensation of discomfort. However, it's not just what you drink or eat.

"Even breathing in cold air while outside or in a cold hockey arena can aggravate the situation," Tamo says.

For some adults, the pain may only be occasional, but for many others, it can be chronic. And avoiding the unwelcome sharp pain associated with sensitive teeth can seriously interfere with their lifestyle and eating habits, causing them to stay away from certain drinks, food or even cold-weather activities that can set off the discomfort.

No one wants to be left out when it comes to winter activities. So Crest has developed Crest Sensi, a new line of products specially formulated to help with sensitive teeth. And Crest has partnered with National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, to introduce these new products to Canadians, just in time for winter.

If you suffer with sensitive teeth, find out more about what you can do by talking to your dentist or hygienist. And switch to products that will help ease the pain so you can get out and play this winter.

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New kids on the block

Will boys be boys?
Flames betting on youth for new season opening Wednesday

John Gaudreau, left, celebrates his first NHL goal with Joe Colborne in Calgary's last game last season against the Canucks. The 21-year-old led the Flames in shots on net in the pre-season and was a three-assist dynamo in the last exhibition game at home. RICH LAM/GETTY IMAGES

The Calgary Flames open the NHL season with several young players creating a buzz. For a team facing a long climb to the playoffs, the future is what the Flames can continue to sell in the second year of a rebuild.

Calgary (35-40-7) finished 27th in the league last season and out of the playoffs for a fifth straight year. The Flames were involved in a record 49 one-goal games and won 25 of them.

Hockey operations president Brian Burke jettisoned his interim general manager's tag and made Brad Treliving his replacement in April.

It was the third change at that position in just over three years. Treliving beefed up the managerial staff by adding two assistant GMs for a total of three.

"We have a new GM. We have lots of new people in the organization," head coach Bob Hartley said. "Last year, I feel that we turned a corner. But that corner is still not good enough."

The Flames open at home against the Vancouver Canucks on Wednesday before embarking on a six-game road trip.

With the loss of leading scorer Mike Cammalleri to free agency and the New Jersey Devils, there is a pressing need for goal scoring in Calgary.

John Gaudreau, 21, and 18-year-old Sam Bennett demonstrated exciting offensive flair in the pre-season, but are those forwards ready for the 82-game grind of the NHL?

Bennett will start the season with the Flames, but as an injured non-roster player because of a shoulder injury.

A more muscled Sean Monahan, with a sensational rookie season already under his belt, turns 20 on Sunday. A 22-goal man in his first year in the NHL, anticipation is high over what Monahan can do in his sophomore season.

Treliving signed veteran left-winger Mason Raymond to help fill the scoring void left by Cammalleri. The new GM took a flyer on Devin Setoguchi in the hopes the right-winger will reclaim his career.

The Flames require stepped-up contributions from Mikael Backlund, Matt Stajan, Curtis Glencross and Joe Colborne as well as continued excellence from captain and defenceman Mark Giordano to have a chance at playoff contention.

"I think we will have to go through our four lines, our six defencemen to generate some offence," said Hartley, who is entering the final year of his three-year contract. "It's going to be by committee."

The signing of goaltender Jonas Hiller was the most significant off-season transaction in Giordano's mind. A proven performer who fell out of favour with the Anaheim Ducks, the competition between Hiller and Karri Ramo makes for an interesting tandem in net.

"Ramo is so good and bringing in another guy who is right at that level ... for me, that was the biggest because I know how important goaltending is," Giordano said.

"The teams with the best goalies usually are the teams that are in the final at the end of the year.

"I think that was a huge step for our team."

Led by Giordano, Calgary's blue-line should be solid. With 47 points in 67 games and a plus-12 rating, the captain played himself into the conversation for the Canadian men's Olympic team last winter.

Kris Russell and T.J. Brodie give the Flames mobility on the back end. Edmonton native Deryk Engelland arrived via free agency from the Pittsburgh Penguins.

THE CANADIAN PRESS

Rebuilding

"Last year, I feel that we turned a corner. But that corner is still not good enough." Head coach Bob Hartley

4 SPORTS

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Flicker of hope in Calgary

Looking ahead. Flames will be bad to be sure, but young talent and improved goaltending will ensure they're not NHL's worst

THE HOCKEY NEWS
Brian Costello
calgary@metronews.ca

Flames should be much more sure footed in net this season, with goalies Karri Ramo, pictured, and Jonas Hiller on board. JEFF MCINTOSH/THE CANADIAN PRESS

The excitement bubbling around a team projected to finish 28th, 29th or 30th is palpable. That's because the new wave of talent coming Calgary's way is enough to bring fans out of their seats.

A few exhibition games watching the likes of Johnny Gaudreau and Sam Bennett display their skills has Flames fans wondering what this franchise might become in a few seasons. Add in potentially a Connor McDavid, Jack Eichel or Noah Hanifin from the draft class of 2015 and the hearts start to palpitate.

But for now, the Flames will most assuredly struggle in 2014-15. There just isn't enough scoring depth to win those close one-goal games, of which Calgary played in 49 last season.

Even if Gaudreau flourishes as a rookie and contends for the Calder Trophy, he probably won't replace the 26 goals Mike Cammalleri scored. At least he'll be fun to watch, though.

Maybe if Mason Raymond can match the 19 goals he scored in Toronto, David Jones can get somewhere mid-point between the nine he had a year ago and the 27 he once scored for Colorado, and Devin Setoguchi can even partially recapture his 31-goal San Jose stick, the Flames can improve upon a 23rd-rank in offence.

Then there's Sean Monahan, Joe Colborne, Mikael Backlund and Paul Byron. They're all improving and bound to boost their numbers, right?

The Flames will most certainly be stronger in net with Karri Ramo coming off a strong finish to 2013-14 and proven Jonas Hiller over from Anaheim and set to start at least 50 per cent of the games.

On the blue-line, Mark Giordano, T.J. Brodie and Kris Russell all had career seasons. Is it too much to get them to do the same or better? Can Dennis Wideman stay healthy, and can Deryk Engelland provide the defensive toughness Calgary hasn't had since Robyn Regehr and Cory Sarich slowed down?

Prognosticators in the media don't have the Flames moving in a positive direction. With Buffalo and Florida having added some key personnel in the off-season, some have Calgary falling to No. 30. That's the worst-case scenario.

I think the Flames will surprise people and finish ahead of at least five teams — Carolina, Buffalo, Ottawa, Florida and Arizona — and maybe even Winnipeg or Nashville or New Jersey or Edmonton.

Shoulder injury

Bad news for Bennett

Sam Bennett remains with the Calgary Flames to start the season, but when he'll make his NHL debut is unclear.

The 18-year-old forward has a shoulder injury that requires treatment and possibly surgery.

"He's probably been dealing with this for longer than he wanted to let on," Flames general manager Brad Treliving said Tuesday.

"We are going to spend the next 24 to 48 hours finalizing his plan of care. There is a strong possibility this could require a surgical procedure."

Calgary opens the 2014-'15 regular season Wednesday at home against the Vancouver Canucks.

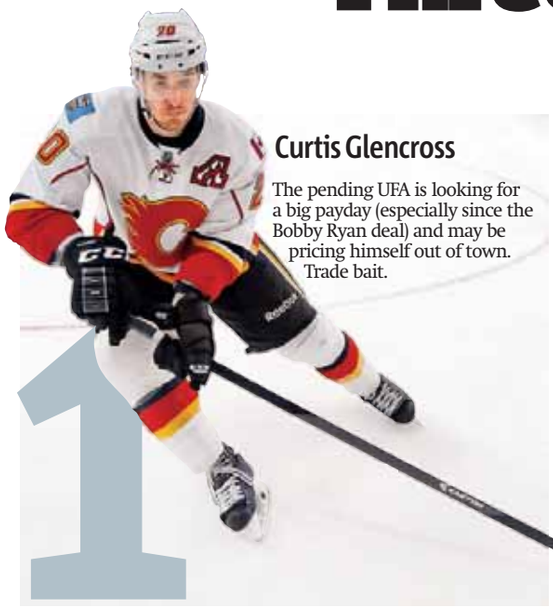
The Flames drafted Bennett fourth overall in this year's NHL draft, the highest pick in Calgary history.

He was limited to three pre-season games and missed parts of main camp because of a groin injury coming out of rookie camp, which was followed by his shoulder troubles.

"I had problems with this shoulder last year," Bennett said. "I didn't think anything of it. I played through it all year. It started to act up a little bit at the start of camp this year.

Three Flames to watch

BRIAN COSTELLO/THE HOCKEY NEWS
Photos: Getty Images



1

Curtis Glencross

The pending UFA is looking for a big payday (especially since the Bobby Ryan deal) and may be pricing himself out of town. Trade bait.

2

Johnny Gaudreau

One thing former GM Jay Feaster did well is tell his scouts to focus on skill and hockey IQ. Johnny Hockey is the latest example.

3

T.J. Brodie

Calgary fans know just how good he is. The rest of the league is starting to realize he's becoming a future No. 1 D-man with each passing season.

Cardinals clinch fourth straight NLCS appearance

NL Divisional Series.
Dodgers' drought continues as St. Louis takes best-of-five playoff series 3-1

The St. Louis Cardinals tagged Clayton Kershaw in the seventh inning for the second straight time, riding Matt Adams' go-ahead, three-run homer to a 3-2 victory over the Los Angeles Dodgers on Tuesday and a fourth consecutive trip to the NL Championship Series.

Following their 3-1 win in the best-of-five series, the Cardinals await San Francisco or Washington with their rotation well-rested for the NLCS, which starts Saturday. They would open at home against the Giants or at the Nationals.

Trevor Rosenthal allowed two runners in the ninth before getting Carl Crawford on a game-ending groundout for his third save of the series. At AT&T Park in San Francisco, fans cheered when the rival Dodgers were eliminated.

St. Louis first baseman Matt Adams
GETTY IMAGES

An overwhelming favourite to win his third NL Cy Young Award in four years, Kershaw's October resume is a wreck, dropping to 1-5 with a 5.12 ERA in 11 post-season games, including three relief appearances early in his career. He's lost four straight starts to St. Louis in the past two post-seasons.

While the steady Cardinals advanced to their ninth NLCS in 15 years, the defeat was a huge disappointment for the NL West champion Dodgers, who finished the regular season with a $256-million payroll that was $40 million higher than any other team.

Los Angeles remains without a pennant since winning the 1988 World Series.

THE ASSOCIATED PRESS

Women's World Cup

Enough time to fix turf, lawyer says

Lawyers for a group of elite players opposed to playing the 2015 Women's World Cup on artificial turf say FIFA's own timetable shows there is plenty of time to resolve the issue ahead of the showcase soccer tournament.

Lawyer Hampton Dellinger pointed to a story on the FIFA website on the FIFA inspection tour that wrapped up Tuesday in Vancouver that said "all certification steps for stadium pitches are expected to be completed by early 2015."

That "supports our position that there's plenty of time to come up with a reasonable solution," Dellinger said in an interview.

"They can't say today that these fields are acceptable," he added. "So that really, in a way, provides an opportunity for the two sides to come together as we have tried to do, and work this out."

As the inspection tour concluded, FIFA gave a thumbs-up to Canada's tournament preparations.

THE CANADIAN PRESS

Roughriders.
Kerry Joseph ready to return to the team he led to 2007 Grey Cup

Kerry Joseph is coming out of retirement to return to the CFL.

Saskatchewan Roughriders GM Brendan Taman told reporters Tuesday that the former all-star quarterback is poised to rejoin the club this week.

"That probably could happen here pretty quick," he said.

Joseph led Saskatchewan to a Grey Cup victory in 2007, when he was also named the CFL's outstanding player. He went on to play for both the Toronto Argonauts and Edmonton Eskimos before retiring last January after 11 seasons in the league.

Joseph, 41, was a training camp coaching intern with the NFL's New Orleans Saints this season.

"Any time you deal with coaches, especially, you want experience," Taman said. "You want to maintain the chance to win games and if you don't have an experienced quarterback you're a little bit in trouble when it comes to that.

"I think (Joseph) does have experience and I think he can bring a lot of good stuff to our locker-room."

Kerry Joseph
THE CANADIAN PRESS FILE

Taman said Tino Sunseri will likely start at quarterback Monday when the Riders visit the Montreal Alouettes.

Regular starter Darian Durant underwent surgery last month to repair a torn tendon in his right elbow. The expectation was that he'd be out for the rest of the regular season, but Taman said the club remains hopeful it will have Durant in the lineup for its regular-season finale Nov. 8 against the Edmonton Eskimos.

THE CANADIAN PRESS

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Starting from price for 2014 Dodge Dart Limited shown: $26,385.§

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Less Fuel. More Power. Great Value is a comparison between the 2014 and the 2013 Chrysler Canada product lineups. 40 MPG or greater claim (7.0 L/100 km) based on 2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption may vary based on driving habits and other factors. Ask your dealer for the EnerGuide information. ◇2014 Dodge Journey 2.4 L with 4-speed automatic – Hwy: 7.7 L/100 km (37 MPG) and City: 11.2 L/100 km (25 MPG). 2014 Dodge Dart 1.4 L I-4 16V Turbo – Hwy: 4.8 L/100 km (59 MPG) and City: 7.3 L/100 km (39 MPG). 2014 Dodge Grand Caravan 3.6 L VVT V6 6-speed automatic – Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). Wise customers read the fine print: *, ≥, >, †, § The All Out Clearout Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after September 3, 2014. Offers subject to change and may be extended without notice. All pricing includes freight ($1,695) and excludes licence, insurance, registration, any dealer administration fees, other dealer charges and other applicable fees and taxes. Dealer order/trade may be necessary. Dealer may sell for less. *Consumer Cash Discounts are offered on select new 2014 vehicles and are deducted from the negotiated price before taxes. ≥3.99% purchase financing for up to 96 months available on the new 2014 Dodge Grand Caravan Canada Value Package/Dodge Journey Canada Value Package with a Purchase Price of $20,998/$19,998 (including applicable Consumer Cash and Ultimate Bonus Cash Discounts) financed at 3.99% over 96 months with $0 down payment equals 208 bi-weekly payments of $118/$112 with a cost of borrowing of $3,545/$3,376 and a total obligation of $24,543/$23,374. >2.79% purchase financing for up to 96 months available on the new 2014 Dodge Dart SE (25A) model through RBC, Scotiabank and TD Auto Finance. Example: 2014 Dodge Dart SE (25A) with a Purchase Price of $16,998 financed at 2.79% over 96 months with $0 down payment, equals 208 bi-weekly payments of $91 with a cost of borrowing of $1,977 and a total obligation of $18,975. †0.0% purchase financing for 36 months available on the new 2014 Jeep Compass, Patriot, Dodge Dart and Grand Caravan models through RBC, Scotiabank and TD Auto Finance. Examples: 2014 Dodge Dart SE (25A)/Dodge Grand Caravan CVP/Dodge Journey CVP with a Purchase Price of $16,998/$20,998/$19,998, with a $0 down payment, financed at 0.0% for 36 months equals 78 bi-weekly/bi-weekly/bi-weekly payments of $218/$269/$256; cost of borrowing of $0 and a total obligation of $16,998/$20,998/$19,998. §Starting from prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g. paint). Upgrades available for additional cost. **Based on 2014 *Ward's* upper small sedan costing under $25,000. ^Based on ft. L. Polk Canada, Inc. May 2008 to September 2013 Canadian Total New Vehicle Registration data for Crossover Segments as defined by Chrysler Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.**

2015 Ford F-150

- **Type.** Two- or four-door full-size pickup truck, with two- or four-wheel-drive
- **Engines.** 2.7-L EcoBoost V6 (325 hp/375 lb.-ft.), 3.5-L V6 (283/255), 5-L V8 (385/387); 3.5-L EcoBoost V6 (365/420)
- **Transmission.** Six-speed automatic
- **Base price.** $21,399

Market position

Ford may be taking a gamble among traditional truck buyers with its all-aluminum body, but expects the fuel economy and increased capability will win them over. It may start a trend among other manufacturers as well.

Points

- Since the steel frame and aluminum body can't touch without creating corrosion, they're separated by coatings and special fasteners.
- The new frame contains eight crossmembers for strength, one more than before.
- The much-touted "military-grade aluminum" is just a marketing phrase, as there is no such standard.

The interior is an improvement, but not as spectacular as it could be.

Interesting features

Available LED headlights, power-telescoping trailer mirrors, 360-degree camera, box side steps, integrated tailgate step, stowable loading ramps, self-parking feature, side-mirror spotlights.

DRIVE

Slim, trim and still the boss

Review. The new Ford F-150 has an aluminum body to reduce fuel use and boost its towing and payload capacity

JIL MCINTOSH
drive@metronews.ca

PHOTOS: JIL MCINTOSH

When an automaker shaves weight off a truck, good things happen. Not only does fuel economy improve, but towing and payload capability increase.

That's the big news at Ford, where its all-new 2015 F-150 has trimmed down by almost 320 kilograms over the previous model.

That's primarily due to an all-aluminum body and box, along with a redesigned steel frame that's also much lighter than before.

Although fuel figures aren't yet available, Ford says to expect an improvement of 5 to 20 per cent over the previous model, depending on the engine.

That lighter body also allowed engineers to add an all-new 2.7-litre EcoBoost V6 engine, which uses two small turbochargers to crank out more power than many larger engines when required, but which returns better fuel economy when full grunt isn't needed.

It also features start/stop technology, which shuts off the engine at idle, for even more fuel savings.

Other engine options include two versions of a 3.5-litre V6 — one turbocharged, one not — and a 5.0-litre V8.

You really feel the weight difference when driving. The new F-150 feels agile, accelerates quickly, and brakes faster and better. Maximum towing capacity is now 12,200 lb. (5,533 kg), up from 11,300 lb. (5,125 kg).

The interior is also an improvement over the old model, but it's not quite as spectacular as it could be, and bears considerable resemblance to its Chevrolet Silverado rival.

What does impress is how much attention Ford paid to the details, offering such standout features as rear doors that open 170 degrees on the SuperCab for easier entry, LED spotlights on the mirrors that can be aimed to light up a campsite or work area, an electric liftgate that can be lowered with a button on the key fob, and a 360-degree camera that helps guide you to your trailer hitch.

It won't be long before the other auto makers chase this revolutionary (not evolutionary) new truck.

But, for now, the F-150 is definitely the leader of the pack.

Compare

1 Chevrolet Silverado
Base price: $26,540
Redesigned for 2014, the Silverado and its sibling, GMC Sierra, feature engines with fuel-saving technologies.

2 Ram 1500
Base price:$26,995
The Ram is the only light-duty pickup available with a diesel engine and air suspension.

3 Toyota Tundra
Base price: $27,225
Available with a choice of two V8 engines, the Tundra is built exclusively in Texas.

†Using a finance price of $25,215 for 2015 CX-5 GX (NVXK65AA00) at a rate of 1.99% APR, the cost of borrowing for an 84-month term is $1,818, bi-weekly payment is $149, total finance obligation is $27,033. Taxes are extra and required at the time of purchase. *The starting from price of $23,715 for 2015 CX-5 GX (NVXK65AA00) includes a cash discount of $1,500. The selling price adjustment applies to the purchase and is deducted from the negotiated pre-tax price and cannot be combined with subsidized purchase financing or leasing rates. As shown, price for 2015 CX-5 GT (NXTL85AA00) is $35,715. All prices include block heater, freight & PDI of $1,895 for CX-5. ▼With the cash purchase, lease or finance of a new 2014/2015 CX-5 model, a $500 Crossover Bonus is available to customers who trade in or currently own a competitive vehicle. Offer only applies to the owner/lessor of the competitive model and is not transferable. Proof of ownership/lease required. $500 Crossover Bonus will be deducted from the negotiated price after taxes. Cannot be combined with Loyalty offer. PPSA, licence, insurance, taxes, down payment and other dealer charges are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Lease and Finance on approved credit for qualified customers only. Offers valid Oct 1-31, 2014, while supplies last. Prices and rates subject to change without notice. Visit mazda.ca or see your dealer for complete details.

Air-powered cars burst onto Paris scene

Autopilot. Two vehicles unveiled at Paris auto show use compressed nitrogen to drive front wheels

AUTO PILOT
Mike Goetz
drive@metronews.ca

No one can accuse Peugeot-Citroen of being full of hot air. In fact, the automaker's latest technology is a breath of fresh air.

Under pressure to meet a French initiative to develop an affordable vehicle that gets 2 L/100 km fuel efficiency by 2020, the company's engineers took a deep breath, exhaled, and then got to work on a potential hybrid system that combines a gas-powered engine with a hydraulic motor running on compressed air.

The technology was officially revealed last year, but got another airing at this week's Paris auto show, where two concept vehicles are showcasing the airy goods — the Peugeot 208 Hybrid Air 2L and the Citroen C4 Cactus Airflow 2L.

It's no coincidence that both feature 2L in their names. As currently configured, with a plethora of fuel-saving technologies, both vehicles are said to be capable of achieving that fuel-efficient holy grail of 2 L/100 km.

Here's how it works: A storage tank holding compressed nitrogen is connected to a hydraulic motor. When the pressurized nitrogen is released, it forces oil through the motor, which turns the front wheels.

The burst of energy is short — lasting way less than one kilometre. But recharge time is short, too: 10 seconds or so.

A pump recycles the nitrogen and oil back into the "charged" position, using energy from the gas engine and a regenerative braking system (which captures the energy available when coasting or braking to a stop — just like in a gas-electric hybrid). Also, like all hybrids, the vehicle can be propelled by air alone, gas engine alone, or a combination.

Both concept vehicles feature reworked versions of the automaker's 1.2-litre three-cylinder turbocharged engine, and Peugeot-Citroen says the Air Hybrid technology reduces its already minuscule fuel consumption by 30 per cent.

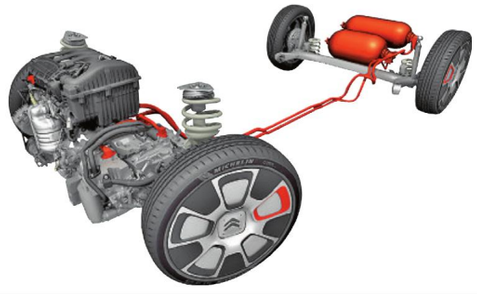
But its major claim to fame is how it achieves that 30 per cent reduction. Compared to a gas-electric hybrid, it does it with considerably less weight, complexity and cost. No big, heavy battery for one thing. It also has a greener manufacturing and recycling footprint.

The downside is it doesn't allow those long, silent and satisfying "totally green" kilometres afforded by gas-electric hybrids. The powertrain probably won't run as smoothly, either.

And, for now, the technology is only applicable to smaller and lighter vehicles.

But it is has an air of mystery about it that is very compelling. I hope it isn't one of those promising innovations that disappear over time — into thin air.

The Citroen C4 Cactus Airflow 2L concept uses compressed nitrogen to drive oil through a hydraulic motor. A pump quickly recycles the oil and nitrogen for continuous bursts of energy. CONTRIBUTED



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‡MSRP is $27,685/$19,990 for a new 2014 CR-V LX 2WD, model RM3H3EES/2014 Civic Sedan LX, model FB2E4EEX and includes $1,695/$1,495 freight and PDI. Taxes, license, insurance, environmental fees and registration are extra. Retailer may sell for less. Retailer order/trade may be necessary. *Cash purchase savings of up to $3,000 on select new and unregistered 2014 models. ‡/* Offers valid from October 1, 2014 through October 31, 2014 at participating Honda retailers. Offers valid only for Alberta residents at Honda Dealers of Alberta locations. Offers subject to change or cancellation without notice. Visit HondaAlberta.ca or see your Honda retailer for full details.

Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Honda seeks to raise the bar for small-engine efficiency

Honda's newest 1.0-litre engine could set new standards for gas-engine efficiency. The Financial Express says the Japanese automaker is working on a global small engine for use in a new small car due to be launched in 2017. It will be offered in both turbocharged and non-turbocharged versions. Honda's smallest current gasoline engine is the 1.2-litre four-cylinder unit in the Brio model, sold in markets including India, Indonesia and Thailand. It achieves combined city/highway fuel-consumption rating of 5.1 L/100 km. The new engine will complement a 1.5-litre diesel-turbo, also sold in Far East countries. Honda does produce a smaller 0.66-litre gasoline engine for its Kei-car range, but those vehicles are sold only in Japan. **ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM**

Honda is developing a 1.0-litre engine to power a new small car, which will be smaller than its Fit model.

Driving on orange peels for better grip

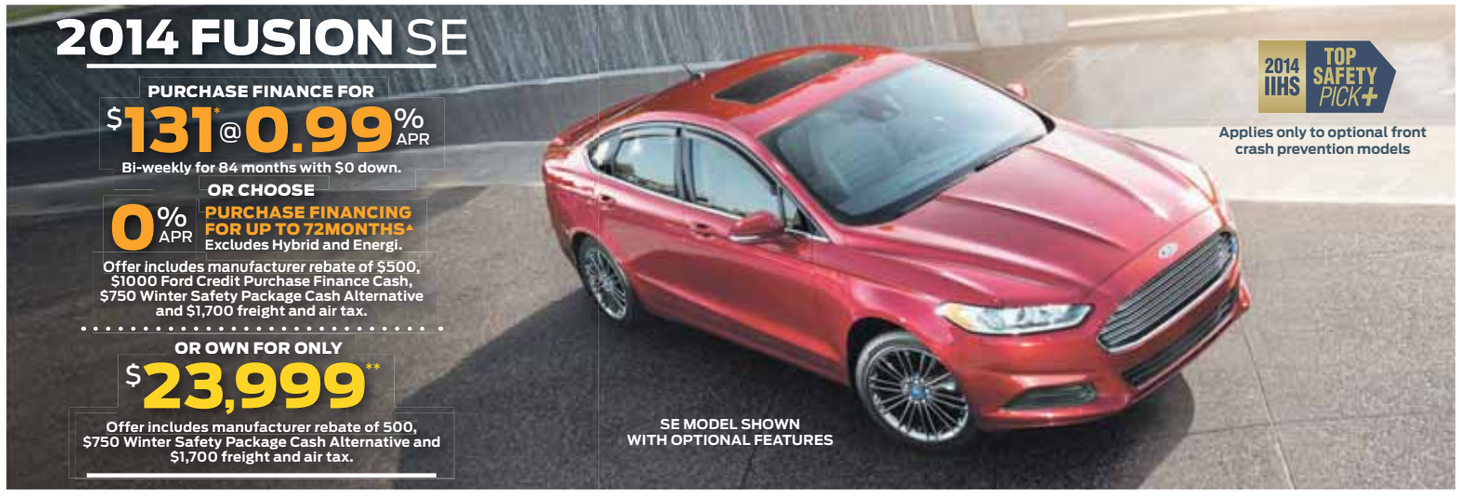
Who says tires can't benefit from natural ingredients? A Japanese tire maker has cut the amount of petroleum required in the production of its tires by using oil from orange peels. A continuation of Yokohama's BlueEarth philosophy, the company says it infuses the rubber compound with oil extracted from orange peels. One of the stickiest substances found in the natural world, it helps improve the tires' performance and longevity, while reducing the amount of petroleum used in the tire. Orange oil technology is now featured in Yokohama's first tire application, the AVID Ascend series.

Adding oil from orange peels to the rubber compound improves a tire's performance and longevity, Yokohama suggests.

Shift points

- Volkswagen is developing a four-door version of its tiny high-efficiency XL1, says Britain's Autocar magazine. It speculates the larger size won't affect the car's fuel use of 0.75 L/100 km, with technical refinements and the aerodynamic benefit of a longer body offsetting the added weight.
- Germany's Daimler is considering using three-cylinder engines in a range of new small hybrid vehicles, reports Automotive News Europe. The company views the smaller, lighter engines as a necessary factor in hybrids, where size issues complicate powertrain packaging.

*Lease payments of $175 on the Jetta must be made on a monthly basis and cannot be made bi-weekly. Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2015 Jetta base model with 5-speed manual transmission. $1,395 freight and PDI included in monthly payment. 48-month term at 1.9% APR. $0 down payment, $230 security deposit and first monthly payment due at lease inception. Total lease obligation: $8,400. 64,000-kilometre allowance; charge of $0.15/km for excess kilometres. PPSA fee, licence, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Limited time discount on cash purchase only of select new and unregistered 2014 models remaining in dealer inventory. Example: discount of $5,000 available on 2014 CC 2.0T Highline with 6-speed automatic transmission, to be applied against the final negotiated price. Discount varies by model. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end October 31, 2014 and are subject to change or cancellation without notice. †2015 Volkswagen Jetta 4 DR FWD received a 5-star overall rating. Government star ratings are part of the U.S. National Highway Traffic Safety Administration (NHTSA's) New Car Assessment Program (safercar.gov). Crash performance was based on a U.S.-equipped vehicle. Some features on that model may be optional or not available in Canada. Model shown: 2015 Jetta 1.8T Highline, $25,990. Vehicle may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Volksfest", "Das Auto & Design", "CC" and "Jetta" are registered trademarks of Volkswagen AG. © 2014 Volkswagen Canada.



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Lapping the lake with a good sport

Kawasaki ZX-6R. Crotch-rocket proves surprisingly comfy and nimble on Okanagan's tricky twists and turns

MARISSA BAECKER
drive@metronews.ca

Supersport (a.k.a. crotch-rocket) bikes are designed for one purpose: racing.

Built for speed, the rider triangle is intentionally compact and not necessarily conducive to taller riders. Since I stand 5-11, I have intentionally shied away from them.

But then I spent two days at the California Superbike School in Las Vegas, learning the ropes of supersport riding and developing high-speed cornering and braking skills.

I pushed my limits well beyond what I had been comfortable with and gained invaluable knowledge about what bikes can do, as well as what I can do riding one.

Naturally, I wanted to put my newfound abilities to good use and give supersport riding another shot.

So Barry Wellings, owner of Valley Moto Sport in Kelowna, let me borrow a 2014 Kawasaki ZX-6R ABS, which sells for about $12,500.

"There are no miles on it, so watch the tires," he warned. "The guys just put it together. They don't stick around very long, riders love this model."

Standing before me was a brand new, sexy, full-fairing motorcycle in pearl flat crystal white (which matched my Alpinestars leathers and Arai helmet beautifully), with flat black accents.

Once seated in the 32.7-inch-high saddle, I was pleasantly surprised by how well I fit the bike. My thighs molded right below the beveled tank as my knees gripped either side.

After a few kilometres on the road, I was even more surprised with the comfortable angle of my wrists, and how natural it was to keep my elbows tucked in. Steering was effortless and I truly felt like one with the bike.

Warning signs dot the roads around Okanagan, making them all that more enticing to motorcyclists. MARISSA BAECKER

A quick fill-up and I was off for a 2-1/2-hour lap around Okanagan Lake, including 70 km of twisties along the thrilling Westside Road.

As I opened the throttle on the highway, this middleweight was quick to let me know that its 636-cc liquid-cooled in-line four-cylinder four-stroke engine produces enough torque to kick-start my heart.

After a half hour of sweeping curves and spectacular scenery above Kalamalka Lake, I settled in without any complaints from my body.

At the head of the lake, I made a turn onto Westside Road. There are several warning signs along this stretch reminding motorists of the tricky navigation, which is what makes it so enticing to motorcycle riders.

Riding fast with your hair on fire is not required to fully enjoy this piece of fresh pavement. Those who have tried, and failed, are honoured with make-shift memorials, at several points along the road.

I kept a good pace within my limits and was exhilarated with the handling and performance of the ZX-6R. The traction control gave me peace of mind, the ABS evenly slowed the bike down entering the curves, and the low- to mid-range torque consistently pulled me out of the tight corners. The bike weighs about 430 pounds, but rides like it's half that.

I pulled into the parking lot where Wellings was waiting with another eager rider.

"The tires are warmed up," I smiled.

I called him later to try to arrange more photos of the ZX-6R, and wasn't surprised to discover it had been sold.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You are well on the way to achieving something that appeared to be out of reach. You have one last hurdle to overcome and one last doubter to convince.

♉ Taurus
April 21 - May 21
Treat yourself — do something for no other reason than it makes you feel good. Some people may be shocked by your extravagance but that will only add to your enjoyment.

♊ Gemini
May 22 - June 21
Something extraordinary is about to happen. Today's eclipse will enable you to turn what has been a dream into a real-life achievement.

♋ Cancer
June 22 - July 23
Don't be fooled if a rival appears to give in over something you have been arguing about for weeks. It will pay you to be suspicious over the next 24 hours.

♌ Leo
July 24 - Aug. 23
Don't be afraid to rock the boat — in fact, rock it a lot. You need to let others know no matter how much they disagree, you will do your own thing.

♍ Virgo
Aug. 24 - Sept. 23
Unseen forces are maneuvering you in a new direction, a direction that will ultimately make your life richer and more fulfilling.

♎ Libra
Sept. 24 - Oct. 23
Your luck is changing for the better but today's eclipse warns you won't get it all your own way. If you want to move ahead you will need to bring others along with you.

♏ Scorpio
Oct. 24 - Nov. 22
What happens today may be a challenge to your ego but no way is it going to break you. Make things easier for yourself by going with the flow rather than fighting against it.

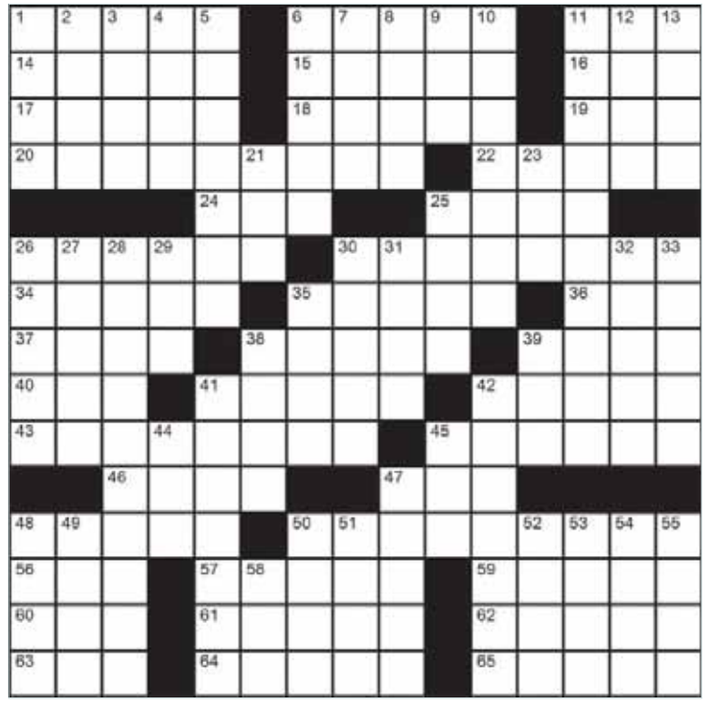
♐ Sagittarius
Nov. 23 - Dec. 21
You will find it easy to approach people today who may have seemed distant or unfriendly. Break the ice and make new friendships.

♑ Capricorn
Dec. 22 - Jan. 20
Today's lunar eclipse in the career area of your chart is a powerful omen and if you are as ambitious as people think you are you will go all out to start moving up in the world.

♒ Aquarius
Jan. 21 - Feb. 19
You have every reason to enjoy yourself. Even though some people appear to be having it tough, you can set a good example.

♓ Pisces
Feb. 20 - March 20
The winds of fate are blowing you in a new direction and all you have to do is relax and go with them. The planets indicate you'll do okay.

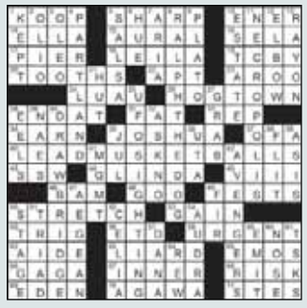
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mr. Johnson, American Idol
6. Showbiz blogger Mr. Hilton
11. Energy
14. Ancient market
15. "It's good, _ __ it!"
16. Sweetie
17. _ __ _ (Vacationing reason)
18. Moves swiftly
19. Alberta: __ Island National Park
20. __ Rhyme, Comedian Tom Green's '90s rap group ...#11-Down for more!
22. Gaudy
24. Period
25. Con
26. Attribute
30. Painting props
34. 'And __ be he that moves my bones.' (Shakespeare's grave epitaph ending)
35. "For Whom the Bell Tolls" (1943) character
36. TV channel
37. Fe
38. French impressionist Claude
39. "It's __ real!"
40. "Emerald Point _._._" ('80s series)
41. Ms. Chanel's
42. Oak dropping
43. Saskatchewan village
45. Computer keyboard sort
46. Deal
47. Composer, Josef __ (b.1874 - d.1935)
48. Elbow: French
50. One who boosts confidence
56. Fitting-here bug
57. Alannah Myles' "__ of Mine"
59. In _ __ (Laundry's place)
60. Skater Midori
61. "Me, Myself & __" (2000)
62. "Reign" star Toby
63. And not
64. Like a Viking
65. French painter Edgar

Down
1. Verdi aria: "__ Nome"
2. Seaweed product
3. Short's opposite
4. Earth goddess in Das Rheingold
5. Blue-Red-Blue: Mr. Newman (b.1905 - d.1970), American artist of Voice of Fire
6. Takeout order
7. Author Mr. Wiesel
8. Peel
9. Hosp. readout
10. Spicier
11. "__ __ _._.": #20-Across hit
12. Mr. Hogan
13. Pac-Man ghost
21. Enraged emotion
23. Li'l elevation
25. Meadow cry
26. Betty Crocker product
27. Wall painting
28. Senior Crown __ (Title character's profession on "Janet King", new to CBC)
29. States' sailor service, shortly
30. Attach: 2 wds.
31. Bar beverages
32. Movie critic Roger
33. Cher duettist
35. A little, musically
38. Change position
39. Ancient dating letters
41. Type of fish Humpback Whales feed on off the coast of Newfoundland
42. "__." (Teen comedy on MTV Canada)
44. Non-verbally agree
45. Shoppers Drug Mart cosmetics line
47. Unrestrained purchasing
48. Actor Dean
49. Not fooled: 2 wds.
50. At all
51. YMCA part
52. Duellist's need
53. British actress Diana
54. Actor Idris
55. Vintage autos
58. __-Medonte (Ontario township)

Yesterdays Crossword



Online

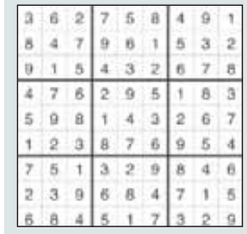
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6			4		3			1
4	5	2				8	3	6
		6	2		8	9		
9								8
		3	7		1	4		
8	9	7				6	5	4
5			8		4			7

Yesterdays Sudoku



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2014 RAM 2500 DIESEL
$46,900
OR PAY $278 BIWEEKLY

2014 DODGE DART SE
$16,998
$91

2014 DODGE DURANGO
$49,800
$295

2014 DODGE JOURNEY SE
$19,998
$112

2014 GRAND CARAVAN
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$122

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HWY: 7.4L/100 KM
CITY: 10.4L/100 KM▼

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HWY: 7.9L/100 KM
CITY: 11.0L/100 KM▼

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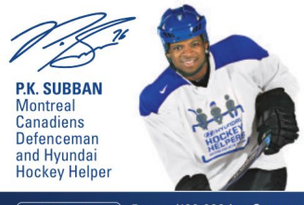

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